

Ask yourself why you miss your Eating Disorder

Do you miss being a particular weight? Why?

Did that body help you communicate your pain?

Do you need a bit of extra love and attention right now?

Was your Eating Disorder safe? Do you need comfort?

Do you feel the need to punish yourself?

Does something in your life suddenly feel out of your control?

Are you angry at somebody? Did somebody hurt you? Are you feeling something that's too painful to cope with?

Are you overwhelmed by everything? Do you need a break?

Do you need people to acknowledge you? Do you need people to see that you're hurting too?

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