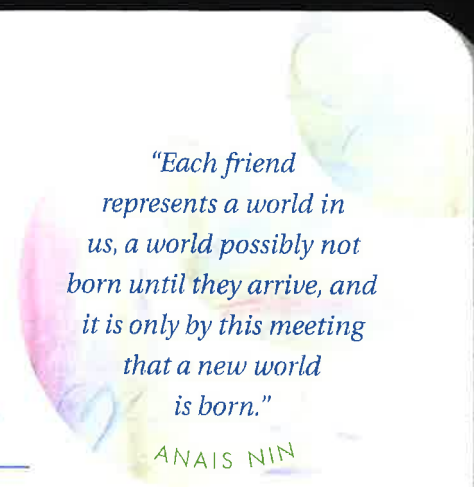


“An eating disorder cannot take
the place of true friendships.
It cannot protect you or
make you feel good about yourself.
Nor can it fill that empty place inside you.
And when you take the courageous step
to cut ties with your disorder,
you will learn, as I did, that
*there is nothing
more nurturing or fulfilling
than a relationship
based on honest sharing,
mutual respect, and true self-love.*”

REBECCA COOPER



When I find myself feeling isolated and alone,
here are the reasons why I should connect with other people:



*"Each friend
represents a world in
us, a world possibly not
born until they arrive, and
it is only by this meeting
that a new world
is born."*

ANNAIS NIN



The help I need is out there and I will take these steps to find it.



*"It takes two
to speak the truth:
one to speak, and
another to hear."*

HENRY DAVID
THOREAU



THIS IS WHAT
A PROFESSIONAL
COULD HELP ME WITH:

Therapist:

Nutritionist or dietician:

professional help

Medical doctor:

Psychiatrist:

Other:

*"Everywhere, hands lie open
to catch us when we fall."*

ANONYMOUS

My Relationships



WHEN I FEEL SCARED, I KNOW I CAN
REACH OUT AND ASK FOR
HELP AND SUPPORT.

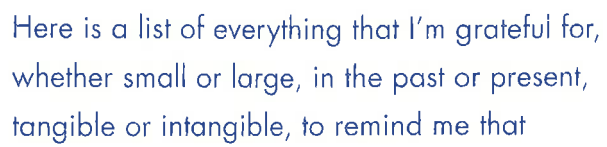
IN THIS WAY, I WILL BE
true to my feelings
AND
myself today.

This is what I might say when I talk to someone about my eating disorder:

My Relationships



People
I CAN COUNT ON
NO MATTER WHAT



This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

*"Earth's
crammed
with heaven"*

ELIZABETH
BARRETT
BROWNING

