

EATING DISORDER RELAPSE: 7 PROACTIVE STEPS TO GET BACK ON TRACK TOWARD RECOVERY SUCCESS

1

CONNECT WITH A PROFESSIONAL



Assemble or reassemble your treatment team--they are there to help problem solve any obstacles and push you forward toward your recovery goals.

2

REMEMBER YOUR RECOVERY MOTIVATORS

Write a list of reasons – or your personal motivators (both short and long term) – to recover in a daily journal. Revisit as needed.



3

REFLECT



Reflection helps to build insight into triggers we may need to look out for and prepare us to more effectively and appropriately cope in similar situations down the road.

4

PRACTICE SELF-CARE

Remember you are worthy and deserving of recovery. Take care of yourself. Find activities that make you feel good, Make time to do the things that you enjoy.



5

USE YOUR SUPPORTS



Your support system are your biggest assets in recovery. Be honest with them so they can be there for you and help you get back on track.

6

RELAPSE DOES NOT EQUAL FAILURE

While relapses may elicit feelings of weakness, they actually have the ability to make you stronger! All the skills you have learned still apply moving forward. Today is a new day.



Relapse For Eating Disorder Sufferers

B Lingard



Relapse For Eating Disorder Sufferers:

Embark on a breathtaking journey through nature and adventure with Crafted by is mesmerizing ebook, Natureis Adventure: **Relapse For Eating Disorder Sufferers** . This immersive experience, available for download in a PDF format (*), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

<https://pinsupreme.com/data/Resources/Documents/Programming%20For%20Adults%20A%20Guide%20For%20Small%20And%20Medium%20sized%20Libraries.pdf>

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