

Chapter 1 : The Hardest Part of Parenting - theinnatdunvilla.com - Celebrating Catholic Motherhood

This is the hardest part to recover from. I love the new beginnings of spring, even with the potential mania it brings for me. If anything, I've learned to take the beauty of the season as a signal to up my game in self-care and self-awareness.

Sleepless nights, barf, tantrums, food wars, rainy soccer games, bickering, carpools and endless pairs of new shoes. There is exhaustion – physical, mental and emotional. Falling into the comparison trap and the fear that climbing out is impossible. The sadness of knowing they will leave one day and sometimes hoping that day comes soon. The hardest part, without a doubt, has been the child whose hero I once was, who used to come to me with every joy and pain, who drew a picture of a heart labelled with our names. The hardest part is that this child has become a near-stranger. This child saves his best for others. I see the disdain cross his face. I see the eyes almost roll. I sense that I am deeply lame and know nothing about everything. But sometimes my heart is sad because I miss the love and the hugs and the drawings. I miss being the one they love best, trust most, and come to when they are sad, scared, and happy. They were sometimes long and lonely days, but they were safe and full of love. Parents with grown children have told me kids come around and are nice again. These are the times I turn to our Mother Mary. I imagine her wrapping me in her mantle and gently reminding me to trust. Parenting is a marathon, not a sprint. I know she understands how it is to have a heart so vulnerable. I know she understands how something can be so joyful and heartbreaking at the same time. I know she prays for me and it makes me feel better.

Chapter 2 : What is the hardest part of staying clean? - Forums

While in recovery, I had the idea that acting on my disordered thoughts was the biggest part of the battle. No longer obeying my eating disorder was the ultimate goal. Conquering that part would be the end-all to this monster that broke me down and controlled me for over 4 ye.

I wish there were someone there for me when I was going through it to help me and guide me and relate to what I was going through, when I was going through it. This post is just for you. It will give you the tips and tricks to give you the right mindset about recovering from eating disorders and helpful nuggets that are crucially important to remember when going through your recovery. Recovery absolutely does suck sometimes! Eating disorder recovery was the most difficult challenge I have ever faced and most likely will be one of the hardest things you ever do. Yes, it is hard. Yes, it is uncomfortable and yes it sucks sometimes. Some days you will feel hopeless and some days you will feel on top of the world, and this is all part of the process. I want you to know this up front because there will be days that are so hard and painful and difficult that you absolutely will not want to stick to your recovery. Of course there will be breakthroughs that will feel wonderful! You will get glimpses of freedom from ED and you will gain clarity and knowledge and it will feel amazing. But it is equally important for you to know that there will be really, really hard days because you probably will feel "or you may already do feel " as if you want to give up some days. This is okay too. All of it " the easy and the hard parts " they are all perfect and wonderful and exactly what you are supposed to be going through. For me I knew that I really wanted recovery but it seemed that some days I just would get in my own way. It is uncomfortable to make changes! And these are life-altering changes, and because of the nature of our eating disorders, it is a matter of life or death. This part is really important, because as difficult and hard as recovery is. I almost died from my eating disorder. As difficult as recovery is, we must endure because the eating disorder will only bring us endless suffering, hardship, powerlessness, hopelessness and despair. Eating disorders have one of the highest mortality rates out of all mental disorders. The only thing that matters is that you want to get healthy and be free!! In anorexics, the body loses so much fat that it is unable to stay warm. Lanugo grows as a way to keep heat in before it dissipates, acting as a blanket. Actually it almost did several times. It felt like I was having a heart attack " I felt extreme pressure in my chest, tightness, and it was hard to breathe. My limbs " my hands and feet and legs would go numb. I remember times when I would lay on the floor, paralyzed-completely unable to move-sometimes even passing out from the exhaustion, the malnutrition. Many times I was afraid for my own life. And Shockingly, these experiences actually gave me hope!! I believe that for me, the eating disorder was not only a way to attempt to gain control over myself and my life, but it was also an unconscious means of punishment. I hated myself so much I wanted to die. I hated myself so much that I wanted to disappear-and I was, literally. Over the years I was slowly killing myself with the eating disorder, spiraling down further and further until I approached death. And can you believe it? This actually gave me hope! It was a long slow road out of that place, that horrid space that I created with the eating disorder, but it was the beginning of a life, of hope for a better way of living. I am sharing this experience with you for one reason and one reason only " so that you can learn from my experiences. It can get much, much worse if you allow it too. Mine consumed me, threw me down and almost killed me. I know you are struggling because you are lost and I am here to show you the way and help you stay on your path of recovery. The pain and suffering. The agony, despair, self-hatred and anxiety. The uncomfortable-ness, the insatiable desire, and hopelessness. And this leads me to number 2. As bad as it sucks and as bad as it hurts to face the fears, the anxiety and traumas of your past, you must go through it. You can slip backwards and then take giant leaps forward. You can slither along slowly, quietly at times. Or you can start running and never look back. I know that eating disorder recovery " full recovery " can seem so overwhelming a task to achieve and you might feel afraid that you are going to fail. I know I was afraid that I might never be free from the eating disorder chains, that I would be stuck in the dysfunction forever. How could I want something and not want something at the same time? It is available and waiting for those who are willing to seek it and find it and know it and live it! You must commit yourself to always

working your recovery and never giving up on yourself, no matter how hopeless or difficult it may seem at times. You are doing this for a reason â€” your life, health, happiness, and freedom depend upon it! And the last thing you must knowâ€¦ 3. You must learn to let go and truly say goodbye. The eating disorder has become a part of you for the time you have allowed it to reside within and manifest in your life. It fulfilled a need in our life that we were unable to meet through other means. The problem is that the eating disorder is so seductive and pretends to be our best friend, until it suddenly stabs us in the back and we become trapped in an endless vicious cycle that controls our life. You might not want to hear that.

Chapter 3 : Finding Recovery Motivation “ Scrapping the Anorexia Identity | Eating Disorder Recovery fo

Recovery Surveys is a part of theinnatdunvilla.com Reasons to Recover is a project dedicated to bringing hope to those in recovery. Hardest Part About.

No longer partaking in any destructive habits means that everything will be a smooth ride now, right? No longer obeying my eating disorder was the ultimate goal. But the thing is: For the first time in a long time, I was able to answer with a huge smile: She was overwhelmed with excitement for me and we both celebrated the moment. After some time, she took a long look at me and said: I put my head down and answered: I still think about it constantly. What was wrong with me? Maybe this is something that resonates deeply with you. Then, they became so repetitive you felt the only way to quiet them was to obey them. Pretty soon, those deceitful thoughts became a harmful habit. It all started with the thoughts. Now that you have courageously stood up to your eating disorder and no longer carry out its orders “ of course, the thoughts will retaliate. Let me tell you something though: The voices are loud. But you can be louder. The thoughts can be harsh. But you are stronger than ever. The ED will fight back. But you will win. Then, it made me incredibly angry. What is wrong with me?! I fought back harder than ever. After some time, the constant loud and bullying thoughts became weaker. And remember “ you are SO much more than what those thoughts tell you.

Chapter 4 : Recovery Surveys

The hardest part of recovery is choosing it and continuing to choose it every single day, even on the days when you do not want to. But the second hardest part is that after you recover, you kind.

It feels like one day I wake up and everything is lush and green, and there are buds and blooms abound. I get excited and full of energy. Too much liveliness, for me, can also signal a manic episode coming on. I have learned to know what my warning signs are for mania and that they are typically the most volatile in spring each year. It starts first thing in the morning when I realize I am practically gulping down my coffee. Physical symptoms are prevalent as well. My hands are in constant motion doing anything I can find to keep them busy. In my back, I start to feel strong twinges of discomfort, so much so that I must continually readjust my posture. Emotionally, things can get bad fast. My mania starts out with slight annoyance or irritation. From there, I move to crabby and mad. It is at this point I am in full crisis. Things are out of control. This is all disruptive and damaging to my life in so many ways. It takes me days to weeks to recover and come back to baseline. It affects my work, my social life and my community commitments. There is also the fallout for my loved ones. They love me and care about me, I know that, but nonetheless I still carry a huge sense of burden to them. I am left with shame and guilt. This is the hardest part to recover from. I love the new beginnings of spring, even with the potential mania it brings for me. I work very hard to keep that going and each year I swear spring becomes more and more special to me. We want to hear your story. Become a Mighty contributor here. Photo by Allef Vinicius on Unsplash Find this story helpful? Share it with someone you care about. She is an avid writer and still finds time to ride her motorcycle with friends in the nicer months of the year. Her soapbox issue is Stigma and she speaks out against it every chance she gets.

Chapter 5 : The Hardest Part of Eczema Recovery (I Failed Many Times) - Cure Eczema Slowly

The hardest part of addiction recovery is, well, whatever part you think it is. It could be after you have gone through it for a while and now you're going to have to find a place to live and live well.

When I get told to follow rules, I follow them as is and without questions asked. I write on this blog to teach people how to cure their eczema with the maximum efficiency. In this post, I want to tell you about the biggest challenge I faced during my recovery from eczema and ways I found to work around it. What do you always hear me preach about? For all questions or doubts you have, I recently wrote the truth about dieting for eczema , I urge you to read that first. The Transformation of My Diet I started out with the maximum efficiency diet, and that meant extremely tasteless meals “ for more information, check out the shopping list I first used for the fastest recovery. Then I gradually added more choices. How do we break the diet? These are the most common places for me, at least. Accidental “ enough said. Temptation “ this is the biggest challenge, because we always want to eat something that taste awesome but out of our range. How can we prevent ourselves from these traps? Accidental This is why you should always know exactly what you put into your mouth “ ask! Always read the labels before you buy or eat anything. Drink as much of anything as fast as you can, because it helps make you full the fastest way. Eat something very filling but safe “ I always have a surplus of bananas ready to shove them inside my gut anytime sounds harsh but true. Use anti-appetizing techniques such as seeing disgusting pictures, thinking about rotten food, watching a sad video or exercising. Social pressure Learn to say no. Announce your goal to everyone individually, so that you can get support from other people when needed, without awkwardness or misunderstandings fear of social disconnection. Finding balance is important “ the next meal you have after your luxurious meal, make it a full blast alkalizing repairing raw green juice boost. Premature reintroduction Reintroduce one new food choice at a time for a duration of at least 1 week because certain foods can take up to 3 days later to show up symptoms. We can make our existing choices better. My original eating habit: I used to aim for maximum efficiency meals, which means I crammed everything into a single pot, boiled them, and just ate them plainly with nothing added. New eating habit ideas:

Chapter 6 : Roy Kim - The Hardest Part (ìš°ë!¬ ê·,ëŒÉí•~ž•) Lyrics - KLyrics

To me, one of the hardest parts of recovering is trying to recover my friends. When I was diagnosed, I basically shut everyone out. I didn't want anyone to know anything was wrong, although clearly things were very wrong.

They feel their sadness on a cellular level. For others, like Cowan, they feel nothing, not a neutral nothing, but a lack of feeling that terrifies them. But whatever the specific symptoms, and like any chronic illness, depression is difficult to live with. We asked individuals to share how they navigate the hardest parts about living with depression”and how you might, too. Not Feeling Like Yourself For Theodora Blanchfield , a health and fitness writer and blogger, the hardest part is not feeling like herself. Which manifests in many different ways: She feels foggy and acts detached. When this happens, what helps is being gentle with herself. I also usually interpret this as I need a cookie, too. D, a clinical psychologist who specializes in mood disorders, finds that the hardest part of her depression is the hopelessness and despair. For instance, she uses supportive self-talk, such as: The last component focuses on soul-care. Serani feeds her senses with music, comedies, uplifting stories, aromatherapy and comfort food. I know it sounds a bit goofy, but it gets me laughing, and it really helps shift my mood. A good cuteness-overload does wonders for me. Initially, she thinks closing the blinds and being alone will help her to feel better. But it usually does the opposite, sparking a toxic cycle: Knowing that someone is waiting for her motivates her to get up. The Highs and Lows of Perfectionism. A real comfort for Thomas is being around people who truly understand her and understand her depression. She schedules some alone time, too, to recharge. She also reduces her stress, and tries to get more sleep. She takes walks and practices yoga. For her, the hardest part is getting through everything she needs to do each day. Is it related to family? Is there an anniversary event on the calendar that is particularly painful? Are you taking your medication regularly? Are you skipping or missing doses? Are you eating well? Sometimes, you can answer these questions on your own, and sometimes you need therapy, she said. She also explores self-image issues on her own blog Weightless and creativity on her blog Make a Mess:

Chapter 7 : Rob Lowe Shares Details Of His Road To Recovery From Addiction On ~Dr. Oz™ | their

I want to explain the absolute basic truths that you need to know in your personal recovery from eating disorders - whether you're in recovery for bulimia, anorexia, binge eating, ednos - it all applies.

Stage 19 is, quite simply, the hardest stage of the race to this point. If, as per the truism, anything can happen in the final week of the Giro, then Friday is the day where those things are most likely to take place. The dirt road of the Colle delle Finestre is the headline attraction on the stage – not to mention the highest point of the entire Giro – but it would be reductive to focus solely on that evocative ascent. Next up is the majestic Colle delle Finestre, which features on the Giro route for the fourth time since its dramatic introduction in In , Vasil Kiryienka led over the top en route to a stage victory in Sestriere. Contador, however, recovered sufficiently to secure his pink jersey, while Landa reached Sestriere in tears, having been ordered to cease his attack and drop back to help his Astana leader Fabio Aru. On this occasion, the Finestre is positioned earlier in the stage, with its summit some 73 kilometres from the finish, but that will do little to diminish its significance. The gradient in those last 8km oscillates between 9 and 10 per cent, with scarcely a moment in which to recover. The average gradient may be a mere 3. The summit of Sestriere comes with a shade under 50 kilometres to go, and while the long drop off the climb and the valley road to Bardonecchia provide some opportunity to recover, a dropped rider without teammates or willing allies risks losing minutes even before the asphalt pitches up one final time towards the summit finish. The category 1 haul up the Jafferau might be short 7. The toughest section comes 6km from the top, but the road scarcely relents thereafter. With more than 4, metres of total climbing on the agenda, this promises to be a slugging match: Tomorrow there are more continuous climbs. The more climbs for me, the better. The sheer severity of stage 19 will inevitably provide confirmation one way or another. As on Thursday, Dumoulin may well find allies of circumstance in Domenico Pozzovivo third at 2: On Thursday evening, Mitchelton-Scott directeur sportif Matt White predicted that Froome would go on the attack from as far out as the Finestre, reckoning that the Sky rider was prepared to risk everything in search of the maglia rosa. Indeed, with his salbutamol case yet to be resolved, Froome might feel that he has nothing to lose at this juncture, given that his final result from this Giro may ultimately be scrubbed from the record books. Pozzovivo echoed that enthusiasm: Pre-order now ahead of June 1 release.

Chapter 8 : right-arrow copy

The Hardest Part of My Eating Disorder Recovery Is the Part Nobody Talks About I accepted that I would gain some weight in recovery, but I still clung to the idea that my set point was somewhere in a "normal" range.

Alcohol With drug dependence come difficult withdrawal symptoms that may be psychological and physical in nature, and sometimes even life-threatening. More than 4 million Americans were considered to be currently abusing prescription opioids at the time of the NSDUH. Opioid intoxication causes not only a rush of pleasure, but also relaxation and pain relief, which can be intensely desirable. The American Society of Addiction Medicine ASAM reports that nearly a quarter of the people who abuse heroin will become addicted to it and that more than a half-million Americans battled a heroin use disorder in Another 2 million people in the United States suffered from a prescription opioid use disorder in Apart from the way these drugs can make a person feel good and provide a temporary escape from reality, they also can cause uncomfortable withdrawal symptoms when they wear off , causing individuals to want to take more of them in order to feel good and keep withdrawal from taking hold. Withdrawal from opioid drugs likely starts within 12 hours after the last dose closer to 30 hours for methadone and peaks within a day or two, the National Library of Medicine NLM publishes. Withdrawal from heroin may be like a really bad case of the flu, causing shakes, sweating, chills, nausea, vomiting, muscle aches, headaches, insomnia, runny nose, yawning, and tearing. Emotionally, depression, anxiety, agitation, irritability, and a lack of mental clarity may be common during opioid withdrawal. Opioid detox often includes the use of medications, such as substitute opioid agonists that are long-acting, like buprenorphine or methadone. These drugs continue to fill the opioid receptors in the brain, just as heroin or the other narcotics did, often to a lesser extent or for a longer amount of time, thus keeping cravings and withdrawal symptoms to a minimum. Anti-anxiety and antidepressant medications may be helpful with some of the psychological side effects as well. Medications like clonidine, which is technically prescribed for high blood pressure, may also lower some of the heightened functions of the central nervous system, like blood pressure, heart rate, respiration levels, and body temperature. Medical detox can manage drug cravings and opioid withdrawal symptoms, helping a person to quit taking heroin or prescription painkillers safely. It is a powerful stimulant drug that can cause an intense rush of pleasure when abused, and it comes either in a white powder form or a rock form called crack. Its short method of action may cause individuals to binge use cocaine, meaning that multiple doses are taken back to back to keep the effects going. Using it in this manner can increase the risk for becoming dependent on and then addicted to cocaine. The depression following a cocaine binge can be significant and last for several days. Cocaine use creates a flood of dopamine in the brain, and when it is removed, individuals may have trouble feeling pleasure at all. Irritability, restlessness, intense drug cravings, depression, agitation, anxiety, nightmares, and a general feeling of discomfort may accompany cocaine withdrawal , as may suicidal thoughts or ideations. Medical detox can smooth out these symptoms and also ensure that individuals do not harm themselves. Beta blockers like propranolol may help with some of the withdrawal symptoms and have shown promise in reducing anxiety and even some of the severity of cravings, the journal Psychiatry reports. Medical detox will likely focus on the more intense symptoms of withdrawal “ depression and drug cravings ” by offering supportive care. Various medications may be beneficial to treat specific symptoms, such as antidepressants to regulate mood. It is abused in powder form, often called meth for short or crystal meth in its crystal form. Meth and crystal meth are snorted, smoked, or injected for a rapid and powerful high. Psychosis, aggression, and violence may also accompany meth abuse. Crystal meth may produce longer lasting effects than the powdered form , lasting up to 12 hours, the U. Department of Justice DOJ reports. Both forms of the drug cause intense pleasure, followed by depression, fatigue, and significant drug cravings when it wears off. Long-term meth use may actually damage the brain, causing problems with memory and emotional regulation, NIDA reports, that may only be partially reversible with sustained abstinence. Depleted levels of dopamine that make it hard to feel pleasure, and may lead to mood swings and depression during meth withdrawal, can be rebalanced over time. During medical detox, trained professionals can make sure that those battling meth addiction do not harm

themselves or others. Medical detox may also use medications like anti-psychotics, antidepressants, and anti-anxiety prescription drugs to help regulate brain chemistry. Benzodiazepines Prescription sedatives and tranquilizers like Valium diazepam , Ativan lorazepam , Klonopin clonazepam , and Xanax alprazolam are medications designed to lower anxiety levels, provide relaxation, and help people sleep. They are regularly abused and considered to be highly addictive. Even when used as directed, they can be habit-forming and lead to drug dependence. Benzos, as they are often called for short, are some of the most prescribed psychoactive drugs in the United States. This can lead to increased risks and higher odds for a fatal overdose as well as potentially lead to a more rapid and significant dependence on these substances. Benzos work by increasing not only dopamine, but also the levels of gamma-aminobutyric acid GABA in the brain. GABA is involved in helping to reduce anxiety and stress by acting as a natural tranquilizer, creating a relaxing and mellow effect. Once dependence on these drugs is established, which according to the labeling information for Valium published by the U. Food and Drug Administration FDA can occur quickly even when taken as directed, withdrawal symptoms may occur when the drug is stopped or removed from the body. When nerve firings that have been suppressed by these drugs are suddenly released from their drug-induced state, the brain may experience a kind of rebound effect. Benzodiazepine withdrawal may lead to re-occurring insomnia or anxiety , which the drug may have been prescribed to treat, and also may include muscle pain, sweating, abdominal cramps, nausea and vomiting, headaches, irritability, tension, depression, and confusion. A more severe withdrawal syndrome may include hallucinations, depersonalization, sensory sensitivity, numbness to extremities, and seizures that may even have life-threatening consequences. Since the symptoms of benzo withdrawal can be significant, it is never recommended to stop taking these drugs suddenly; medical detox is the safest option for withdrawal. During detox, vital signs can be monitored, and longer-acting benzodiazepines may be substituted for shorter-acting ones in a slow tapering schedule that slowly lowers the dosage over time to minimize withdrawal symptoms and any rebound effects. Other adjunct medications, including antidepressants or beta blockers, may be beneficial during detox as well. Nicotine The number one cause of preventable death in America is tobacco use. Nicotine is one of the active ingredients in cigarettes and considered highly addictive. NIDA reports more than 35 million smokers wish to quit annually, however, only about 15 percent are successful. Nicotine can alter brain chemistry within 10 seconds of inhaling it, creating an enhanced mood that wears off within a few hours of the last cigarette, prompting individuals to want another. Nicotine withdrawal can cause irritability, powerful cravings, depression, difficulties sleeping, anxiety, heightened appetite, and trouble concentrating or remembering things. Since smoking is not illegal, is often a social endeavor, and does not have to be performed clandestinely, it may be harder to stop than some other drugs. During nicotine detox, a nicotine-replacement product like nicotine gum or a transdermal patch may be used to replace cigarette smoking, which can help smooth out withdrawal, especially when combined with behavioral therapies, NIDA publishes. Alcohol Alcohol is the most widely abused psychoactive and addictive substance in the United States. Alcohol is legal, for those over age 21, socially acceptable, and readily available. In fact, its prevalence may make it hard for people to stop drinking or control the impulse to drink. Alcohol decreases inhibitions, increases sociability, and elevates moods. In moderate amounts, alcohol has even been touted to have health benefits; however, when abused in binge or heavy drinking patterns, numerous adverse health, social, and emotional consequences may result, not the least of which is the potential to develop a dependence on alcohol. Alcohol dependence may range from mild to moderate to severe, and in its more severe form, the resulting withdrawal symptoms can be life threatening. Delirium tremens DTs is the most significant form of alcohol withdrawal that impacts about percent of individuals who suffer from an alcohol use disorder, the New England Journal of Medicine NEJM publishes. DTs includes hallucinations, delirium, extreme confusion, and seizures. Alcohol withdrawal, like withdrawal from benzodiazepines, is caused by the brain trying to regain balance after functions of the central nervous system have been suppressed. Heart rate, blood pressure, and body temperature all increase as a result of the central nervous system no longer being depressed by alcohol. NEJM reports that about half of all individuals who battle an alcohol use disorder will have withdrawal symptoms when they attempt to stop drinking. Alcohol withdrawal may include symptoms like insomnia, headaches, dizziness, irritability, depression, anxiety,

nausea and vomiting, tremors, an irregular heart rate, and heightened blood pressure that can start within 8 hours of the last drink. Medical detox is considered the safest option for removing alcohol from the body as the withdrawal symptoms can potentially be fatal. During medical detox, individuals will be closely monitored, and withdrawal symptoms can be eased with the help of medications. Often, benzodiazepines, like Valium diazepam , Librium chlordiazepoxide , and Ativan lorazepam are prescribed since they have a similar method of action as alcohol. The medications need to be tapered down slowly during a medical detox protocol in order to slowly restore balance to brain chemistry. Anti-nausea, antidepressants, antihistamines, and nonsteroidal anti-inflammatory medications may be helpful during alcohol detox, as may medications to treat any co-occurring disorders. Adrenergic medications may help to regulate the autonomic nervous system, which alcohol withdrawal can disrupt, helping to control heart rate, body temperature, and blood pressure. Alcohol often depletes the body of many essential vitamins and nutrients, as well as leaves a person dehydrated, so fluids may be introduced sometimes via an intravenous line and supplements like thiamine vitamin B1 may be prescribed during alcohol detox. A medication approved for the treatment of epilepsy and migraines, topiramate, has shown promise in helping to reduce the severity of alcohol withdrawal symptoms while also helping to dispel cravings for alcohol during detox and treatment for alcohol dependency, per the journal Current Pharmaceutical Design. Other medications, such as naltrexone, disulfiram, and acamprosate are FDA-approved to treat alcohol dependence. These medications may help individuals to remain alcohol-free beyond detox as well, according to NIAAA. Last updated on October 2, T

Chapter 9 : Things You Absolutely Must Know In Eating Disorder Recovery | Healing for Eating Disorders

Try to make her understand WHY she needs to recover. She is not taking treatment because she doesn't want to recover. She is in a denial stage, and the hardest part of anorexia is wanting to recover.

The picture on the left is a year ago, I was recovering from a relapse in my anorexia. That burger was a big ass deal and that picture was very popular amongst my followers and friends. The right is a year on. Now fully recovered and eating what I want, when I want. Including damn juicy burgers. Anorexia Recovered 1 Reason To Recover: I want to be able to enjoy life and everything it brings without being stopped by my eating disorder Why Did You Decide To Recover: I got sick of people staring at me in the streets when I was allowed, or offering me seats on the train. Simply trying to survive, and even that was exhausting. They slowly became more human, and not so ghostly, as I had made them. The nurses would no longer sigh wearily as I sat down to stare at my plate, because instead I would actually eat. Best Things About Recovery: Gaining the trust back from my family and seeing them not being burdened by the demon that controlled me. Hardest Part About Recovery: Bloating and feeling ill after meals. But it goes away if you persevere and recover, I promise! Even when the going gets tough. Fight your eating disorder no matter what. Nothing is more important than fighting it. God damn, there were so many moments I wanted to give up. You gotta push through all those bad moments. And no one is ever going to be able to harm you mentally because you are so strong for beating this, and you can beat anything.