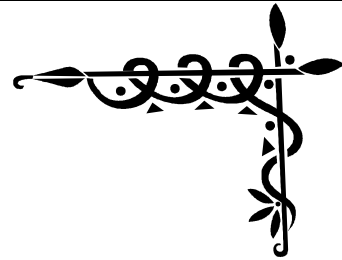


Recovery is a Process



Although words often elude me, it's important to me to share some things with you. Furthermore, it isn't easy for me to talk about my eating disorder. This message conveys how I feel about my recovery.

When you look at me, you appear perplexed that I'm not better yet. It must be difficult for you to see that I'm still struggling since I've been battling this eating disorder for so long. Even though I realize that recovery is a gradual, step-by-step process, I'm perplexed as well. I'd hoped to be further along by now.

It seems that I'm doing all of the right things and yet I can't seem to break free of what holds me. I want to do what's best for my overall health and yet I feel compelled to do what hurts me instead. The draw to self-destructive behaviors is so intense that I feel powerless to resist. There are times I feel as if I'll never get better. However, even though recovery sometimes seems impossible to me, please know that I'm still trying. Even when my behaviors don't show it, please know that I haven't given up. I'm still fighting on the inside.