

## **Encouragement for Eating Disorder Recovery**

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The Room is from [Journey to Freedom from Eating Disorders](#) and [Inspiration for Eating Disorder Recovery](#).

## The Room

As you look into the room, it appears comfortable and even inviting. You can be alone there without being bothered and can come and go as you please without having to answer to anyone. You can enter and stay as long as you like; arrange things in the room as you like; return as often as you like.

As time goes on, you spend more time in the room and eventually decide to close the door and stay there. You initially enjoy being in the room by yourself. Later though, when you try to leave, you find the door is locked! As hard as you try, you can't open the door; you're trapped! As time goes by, the room that seemed so appealing and so welcoming becomes a place where you're held against your will.

While searching the room for the key, you remember what it was like to discover the room and how appealing it seemed. You remember thinking you could have things just how you wanted them. Now you decide you don't want your surroundings to be like that after all. Your deeper realization of how the room holds you captive motivates you to continue searching for the key. Determined, your frantic search continues.

Upon finding the key, you feel relieved, yet apprehensive and you face a question: to stay or to leave? Initially you thought you wanted to be in the room; you chose to be there. Later, you wanted to leave the room, but couldn't find a way. Now that you hold the key, you ask, "Do I want to leave or not?"

Once you decide that you want to use the key to escape the stifling room, you unlock the door. As you take a breath of fresh air, you realize even more how confining the room has become and remember how you felt trapped by it. The key was available the whole time, but it took time to find it. Now the challenge that lies ahead of you is whether to re-enter the room and to allow the door to close, or leave the room and close the door behind you.

You know what you should do, if you can just do it – leave the room, close the door behind you and walk away. However, it seems impossible.

You decide to leave the room. Now you're in a position to invite God into your heart and allow His healing work to proceed. He may provide others to help you resist when you feel a certain urgency to return. You had to decide for yourself to search for the key and then unlock the door. No one else could have done that for you. But! You don't have to do the rest alone. God, through others and the guidance of His Holy Spirit, can help you to find and maintain your freedom from the room that held you captive.

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