

Indicators of Recovery from an Eating Disorder

- Developing close relationship with others without losing a sense of your own identity.
- Comparing yourself with no one in any way.
- Basing your self-esteem on internal qualities rather than accomplishments, appearance, or achievements.
- Pursuing your own wants and dreams regardless of expectations of others.
- Developing a healthy relationship with your mother, separate from your father.
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- Having the ability to relate comfortably with siblings without feeling overly competitive.
- Experiencing healing in brokenness in relationships with significant others.
- Experiencing increasing confidence in expressing feelings honestly and directly with others.
- Risking failure
- Recognizing and accepting imperfection of self and others.
- Expressing thoughts and feelings openly without using food behaviors as a non-verbal means of communication
- Establishing a broad-based network of support including people, activities, interests, and career.
- Accepting the inability to perceive self accurately with willingness to trust perception of others and accept body weight as it is at a healthy weight.
- Feeling comfortable with expressions of sexuality.
- Clarifying personal belief system and preferred way of practicing your own spiritual beliefs.
- Understanding the giving and receiving of love and acceptance that is not earned or based on meeting stated or perceived conditions.
- Being able to laugh at yourself and see the humor in your problems – taking life less seriously.
- Identifying and working through unresolved grief due to deaths, broken relationship or other major losses.