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My therapists tell me that before I do something or make a decision, whether it's a big decision i.e. should I make contact with family/should I stay alive/should I recover or a smaller decision, like should I purge this/should I binge/should I isolate myself

I need to Stop. Take a breather. Think about what I want to achieve- what are my long term goals: do I want to keep this relationship, do I want to live without my ED, do I want to have energy to do things again, do I want to feel safe

And act accordingly.

And if I don't know what to do, to Not make any impulsive (and possibly permanent) decisions.

It all sounds really simple but it is actually really hard to Stop when you're mind is whizzing a million miles an hour, screaming insults at you

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