

*Counselor Kate*

Unapologetic living for women and girls

# Recovery Mantras

- Healing is not linear
- Bodies are genetically different by design
- My worth is not determined by a number
- My body will change and that's OK
- I can trust my treatment team
- I am learning to trust my body
- Change takes time...keep going
- I am stronger than my eating disorder
- I am recovering because \_\_\_\_\_
- I respect my body's wisdom
- Breathe in. Breathe out.
- It's OK to ask for help
- I need to eat today regardless of how much I ate or exercised yesterday
- Take up more space
- I am not my feelings
- It's OK to take a break
- Changing my weight will not cure negative body image
- My body deserves respect no matter what
- I am enough
- Happiness isn't size specific

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