

Recovery Is Possible

Elements of Success by Nicole Hawkins PhD CEDS-S CEO Center for Change

1

Consistency and Structure:

Schedule, meal plan, busy, but not too busy, goals and plans

2

Reaching out for support:

continue with treatment, team I trust, having a voice, taking medication, new friends, clubs

3

Sharing my story: *with people who earned the right to hear it, my story makes me strong, not weak, seek true relationships*

4

Honesty:

24 hour rule, accountability person, Self-correction if... (think ahead on a variety of situations)

5

Letting go of negative body image: *weekly weigh-ins (with professional), clothing challenges, buying new clothes, limiting triggers, but avoid avoiding*

6

Social media: *recovery blogs, apps, podcasts; studies show using and comparing on social media increases ED.*

7

Service: *Creating meaning in my life, volunteering (adds structure), forcing out of comfort zone, I have value and can contribute*

8

Spirituality: *Discovering my passions/interests, exploring my spirituality, going to church, improving relationship with God (consistent with my own beliefs)*

9

Healthy relationships: *Letting go of unhealthy people in my life, stop expecting others to change, staying away from predatory people, seeking out healthy people, family, future family, improve environment (evaluate friendships, set guidelines, new social skills)*

10

Self-Care: *scheduling time for myself, caring for my needs before others', journaling, affirmations, gratitude, learn to love myself (start with accepting and grow from there)*



My Recovery Plan

- Before discharge, while still at CFC, your loved one will be working on a recovery packet to plan for a life in recovery
- If you or your loved one has particular situations they are concerned about, please ask the treatment team before discharge and they will help you plan ahead in a way that works for you!

Recovery plan considerations

1. What will I gain for maintaining recovery?
2. Potential pitfalls
3. Skills in action
4. Positive coping skills/Self-affirmations
5. Early warning signs/how to check in
6. Internal signs and symptoms
7. Thinking errors
8. Addictive behavior cycle
9. Lifestyle changes
10. Things to do every day/when bored
11. Self-Soothing kit
12. Plan for what to do when sick or injured
13. Basic flexible weekly routine
14. Meal planning, with dietician



What is pre-lapse?

When we refer to pre-lapse-- also called early warning signs or internal signs and symptoms--we are talking about your loved one learning to recognize and identify the thoughts and habits that are not eating disorder behaviors but may be signs they need to reach out to their support people and get to a better place before they escalate to behaviors. They are different for everyone, but helpful to explore.

An example might be: "When I skip my gratitude journal for three days in a row, I know that may be a sign I'm struggling to see the positive side of things. So if this happens, I will reach out to..."

TOGETHER
 ★ in ★
RECOVERY

While your support means the world and is a vital part of recovery, remember you can not recover FOR your loved one. Please reach out for support from the treatment team when you need help. Remember, **your** role as a parent, spouse, family member, or friend can not be replicated. Take care of yourself and maintain your mental and physical health.