
INSPIRATION CARDS

F O R E D R E C O V E R Y

Jennifer Rollin, LCSW-C

This is your friendly reminder to ignore the demands of your eating disorder and listen to your treatment team instead.

Repeat after me.

"Just because I used an eating disorder behavior, does not mean that I have failed. When my ED tells me to just "throw in the towel" on recovery, I don't have to listen. Recovery is a journey that takes time. Each new moment is another chance to take the next pro-recovery action."

What if shrinking yourself down or striving to be "smaller" was actually keeping your whole life small?

You deserve to take up all the space that you need in this world

**YOUR
WEIGHT**

IS NOT

**YOUR
WORTH**



When you're looking at life through the lens of an eating disorder, you miss out on so much. It's like living a kind of half-life, where the thing you thought was "giving you control," is actually controlling you.



The size of my body is the LEAST interesting/important thing about me.

Jennifer Rollin, MSW, LCSW-C

BMI: Bullshit Measuring Index

"It's the pharmaceutical industry that wrote the current BMI standards that we are all using today, and of course it's been of great financial benefit to them."

-Dr. Linda Bacon

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The "ideal body" is whatever body you have when you are mindfully nourishing yourself with food you actually enjoy and fully engaging in your life"

"Unless you are doing a professional modeling job, it really doesn't matter how you look in pictures, it just matters that you are there."

Photos are taken to capture a memory, that's all. They're supposed to be keepsakes to remind us of a moment, not opportunities to pick ourselves to pieces.

When you next see a photo of yourself, instead of zooming in on all the parts you think are wrong, try to remember the moment it was taken. Think about that sight, that smell, that experience, how you felt. Instead of focusing on how your teeth look when you smile, remember the joy.

Every photo is a moment that you can't get back, so cherish the memory." -Megan Crabbe



Don't listen to your eating disorder



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