***Eating Disorder Recovery Affirmations***

I love and accept myself where I am now. I am wonderful.

I am free to take charge of my life.

I bless my body with love. All parts of my body are beautiful.

I accept only thoughts that support me and make me feel good.

I release anger in harmless ways.

I am at peace. I am calm. All is well.

There is a plan for my life that coordinates with the strengths and abilities I possess.

I can decide to be cheerful and optimistic, just for today.

I am courageous and independent.

As I love and approve of myself, I create a joyful, peaceful world to live in.

I trust in the process of life.

I love and approve of myself.

I am open and willing to change.

I am now visualizing my life exactly the way I want it.

I am the power in my world. I get to have whatever I choose to think.

I will surrender, giving up the resistance, and allow myself to learn what I need to learn. This will make the next step easier.

I am deeply fulfilled by all I do.

I move forward with confidence and ease. I trust the flow and process of my life.

I trust my body, I trust myself.

I am becoming my own best friend.

I have a wise and loving friend within me.

I accept and experience all my feelings.

I am now creating safe ways and places to express my anger.

Today I can listen and respond to my own needs.

I am now clearing my negative beliefs.

I deserve to relax and nurture myself.

I deserve love, happiness, and prosperity.

Focusing on the present moment will make me less anxious.

I am meant to be very different from everyone else. This releases the burden of feeling like I have to be someone other than me.

I am naturally beautiful when I am myself.

If I expect recovery to be easy, I will be frustrated. The easy stuff doesn't teach us much- what is difficult and challenging enhances my growth.

When I fill my body with good things I need- rest, proper nutrition, satisfying work, loving and caring, my effectiveness grows.

As I work on cultivating qualities such as honesty, courage, faith, love and responsibility, I will become less preoccupied with my external appearance.

I am powerful now and powerfully connected to myself.