

HEALING AFFIRMATIONS



FOR EATING
DISORDER
RECOVERY





IN THIS PDF

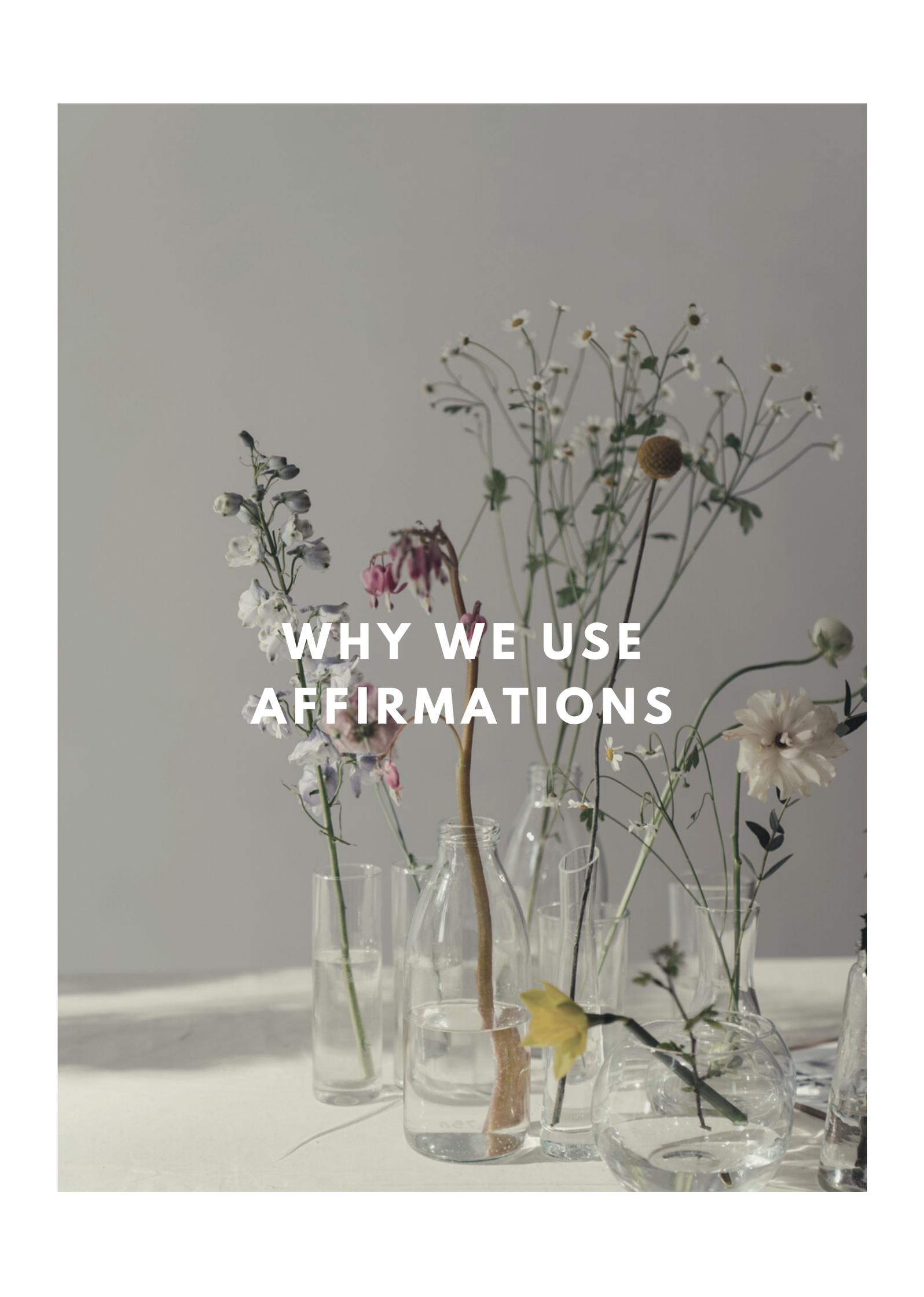
WHY AFFIRMATIONS?

AFFIRMATIONS FOR:

BODY IMAGE

FOOD

REST



**WHY WE USE
AFFIRMATIONS**

AFFIRMATIONS (sometimes referred to as mantras) have been used for thousand and thousands of years. When something has been used for thousands and thousands of years, there's probably a good reason for it!

The word 'Mantra', comprised of "man"- "mind" and "tra-" "tool or instrument," derives from the ancient Hindu language of Sanskrit. Mantras have long been utilised as mechanisms to **calm the mind and shift perceptions in these cultures**, and far beyond. **The words used within affirmations are of vital importance.** However, the repetition and corresponding associations of **certain sound patterns** can also induce our brains into feeling a productive sense of peace, irrespective of what the words themselves actually are. Think of a TV advert jingle. It isn't always the words we remember, but rhythm. These rhythms make us feel something too.

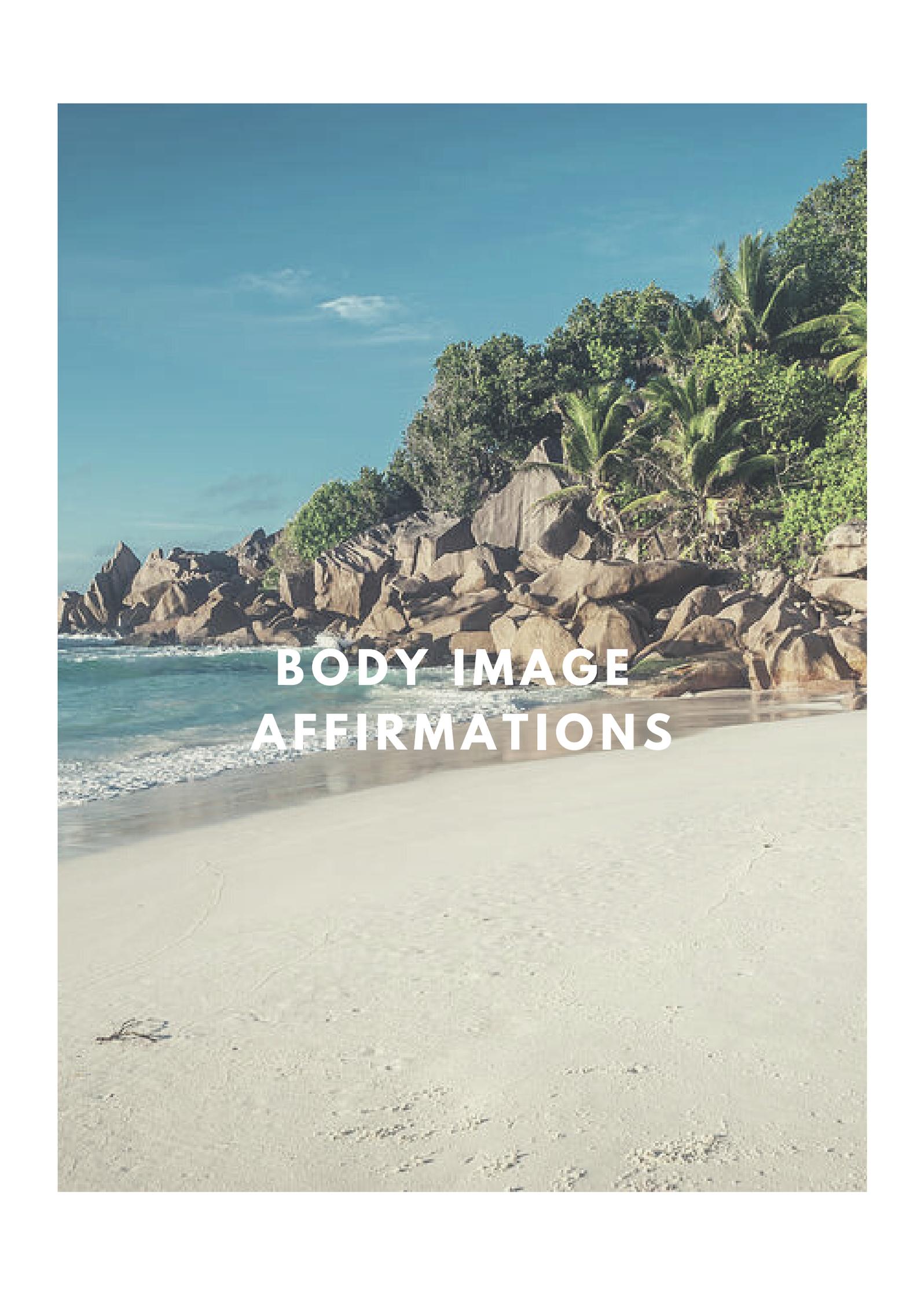
HOW DO WE USE THESE MIND TOOLS?

In short, when using mantras, we need 3 things. Repetition, conviction and corresponding actions (which imply that we believe them - even if we don't currently). By frequently **saying them and living by them as much as we can**, new neural pathways in our brains can form new, positive associations. Just as our brains have picked up negative perceptions of things in the past (food, rest, our bodies etc), they **can and will adopt new lines of thinking** with enough persistence.

When you start using mantras, it may feel very awkward. It may feel very forced. It may even feel like you are saying things out loud that you don't actually believe in. Irrespective of your uncertainty and no matter how testing you find it, I urge you to stick with it for at least 3 weeks. In these weeks, my suggestion is to set aside 10 minutes per day to recite a list of affirmations with that resonate most with you. Share these with your support system to ensure the mantras can be used as frequently as possible. This will promote their ingraining into your unconscious.

Though it won't be an overnight change, words have real power to **transform our internal monologue, perspective, beliefs and thought patterns.** By repeating mantras on a daily basis, we can solidify goals, transform associations and perhaps most importantly, also influence how we naturally speak to ourselves. The gradual reprogramming of our subconscious mind is increasingly being recognised as what lies behind all healing. This repetition is a non-invasive method to assist with this reprogramming of our self-perception.

The following pamphlet contains some mantras that you may wish to incorporate into your daily routine. Feel free to edit them so that they feel more personal and applicable to your own healing. As previously mentioned, **share them with your wider support system** so they can be repeated frequently.

A tropical beach scene featuring large, dark, rounded rocks along the shoreline. The rocks are partially covered with lush green vegetation, including several palm trees. The ocean is visible on the left, with gentle waves washing onto a sandy beach. The sky is a clear, bright blue with a few wispy clouds. The overall atmosphere is serene and natural.

BODY IMAGE AFFIRMATIONS

MY BODY IS INNOCENT.

I DO NOT NECESSARILY HAVE TO LOVE MY BODY RIGHT NOW. I HAVE TO LOVE THE LIFE MY BODY ALLOWS ME TO LIVE

I DO NOT HAVE TO LOVE MY BODY IN ORDER TO RESPECT IT

WHAT MY BODY LOOKS LIKE IS ONE OF THE LEAST INTERESTING THINGS ABOUT ME

PEOPLE SPEND TIME WITH ME FOR ME, NOT FOR MY (LEGS/ARMS/STOMACH)

IF I CAN ONLY SUSTAIN MY CURRENT WEIGHT BY RESTRICTING FOOD, THEN IT'S NOT THE RIGHT WEIGHT FOR ME.

MY BODY IS HEALING

I AM GRATEFUL TO HAVE A BODY

THIS IS MY BODY

MY BODY WAS NEVER THE PROBLEM. THE THOUGHTS I HAD ABOUT MY BODY WERE

I RELEASE ALL JUDGEMENT TOWARDS MY BODY

I AM MORE THAN A BODY

MY WEIGHT DOES NOT = MY WORTH

MY BODY IS A VEHICLE TO GET ME FROM A - B

MY BODY IS A VESSEL FOR MY EMOTIONS AND MY PERSONALITY

I AM WHOLE.

I AM ENOUGH

MY LEGS ARE MY GREATEST SUPPORTERS

MY ARMS ARE ALWAYS BY MY SIDE

A still life composition featuring a vase of eucalyptus branches, two glasses of light green smoothie, and a notebook on a wooden table. The text "ENCOURAGING EATING AFFIRMATIONS" is overlaid in the center.

**ENCOURAGING
EATING
AFFIRMATIONS**

ALL FOOD IS SAFE

ALL FOOD IS GOOD

I NEED MORE THAN MORE THAN ENOUGH

I CAN AND WILL EAT IN ABUNDANCE

I CAN'T LIVE A FULL LIFE ON AN UNDER-FUELLED STOMACH

NO FOOD CAN GENUINELY HURT ME. THAT IS ONLY A FEELING.

I HAVE UNCONDITIONAL PERMISSION TO EAT

THERE IS NO 'TOO MUCH'

MORE ENERGY IS ONLY GOOD

EXCESS HEALS DEPRIVATION

EVEN IF THIS FEELS WRONG RIGHT NOW, I CAN WILL EAT THIS FOR MY FUTURE SELF

I DESERVE TO TREAT MY BODY WITH RESPECT. AT A BASELINE, THAT IS NOURISHING IT

I CAN SIT WITH MY EMOTIONS AND ALLOW THEM TO PASS NATURALLY. I DO NOT HAVE TO FORCE THEM TO PASS

I CAN DO HARD THINGS

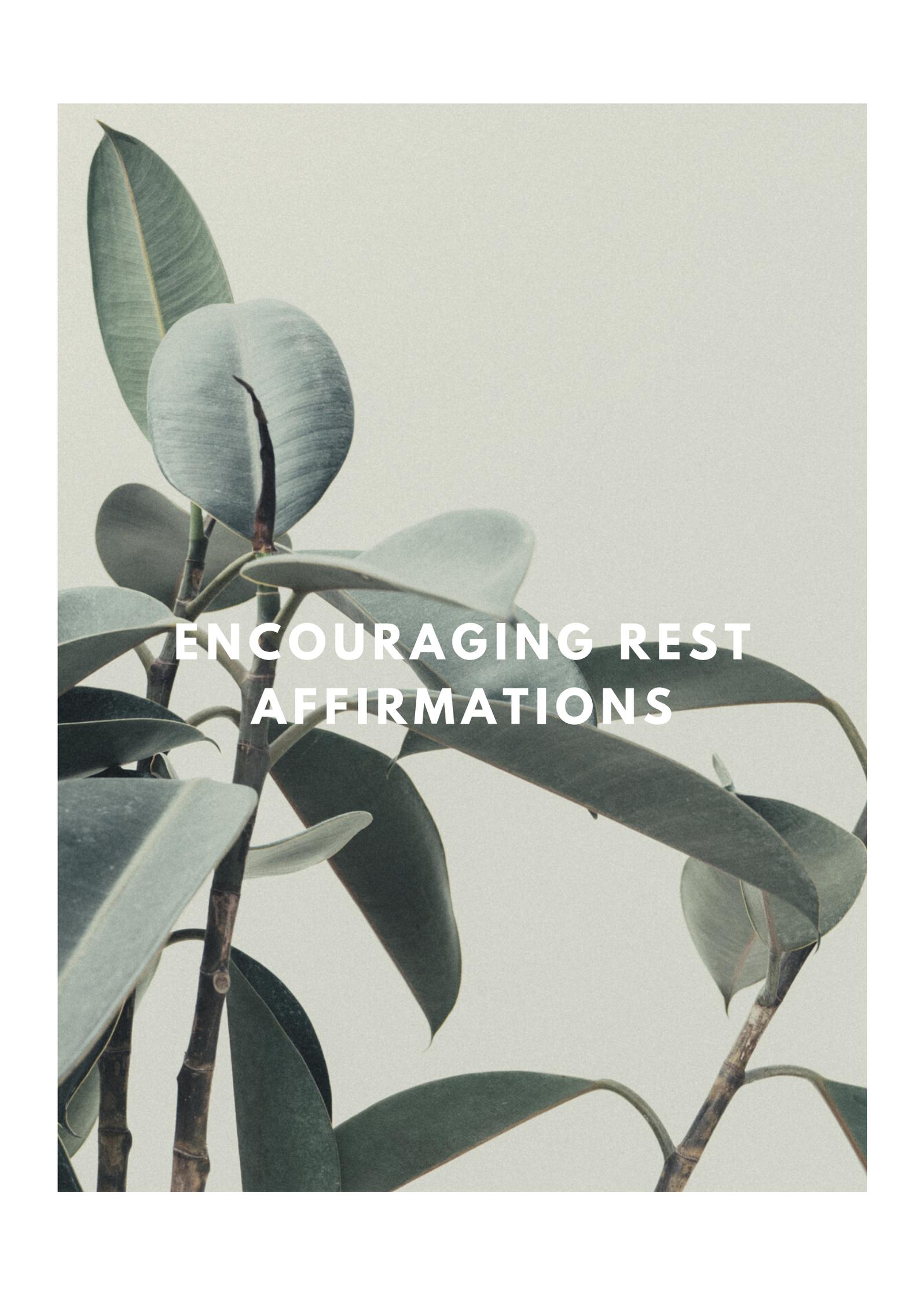
THIS FIGHT/FLIGHT/FREEZE RESPONSE IS AN APPROPRIATE AUTOMATIC RESPONSE IN A TIME OF THREAT. FOOD IS NOT A TRUE THREAT, SO I CAN STEP BACK FROM ACTING ON THE FEAR I AM EXPERIENCING

MY PERMISSION TO EAT ISN'T LIMITED TO RECOVERY

WHERE HAS LISTENING TO THE ED'S JUDGEMENTS GOT ME SO FAR?

FOOD IS JUST FOOD. BUT FOOD IS ALSO SO MUCH MORE THAN JUST FOOD. IT ENHANCES OTHER ASPECTS OF MY LIFE, TOO. IT FOSTERS MY SOCIAL, MENTAL AND SPIRITUAL HEALTH

MY BRAIN DOES NOT HAVE TO BE ON BOARD WITH THIS FOR ME TO STILL DO IT. THIS ACTION IS FOR MY LONG TERM FREEDOM



**ENCOURAGING REST
AFFIRMATIONS**

I COMMIT TO ALLOWING MYSELF TO REST

RESTING IS SAFE

**THIS MOMENT, RIGHT HERE, IS THE ONE I HAVE COMPLETE CONTROL OF.
I CAN BE KIND TO MYSELF IN THIS MOMENT**

MY FOOD DOES NOT NEED EARNING

MY UNSUPPRESSED IS ENOUGH

MY BODY DESERVES HEALING

MY BODY DESERVES RESPECT

THOUGHTS ARE JUST THOUGHTS. I DO NOT HAVE TO ACT ON THEM

**MY BRAIN DOES NOT HAVE TO BE ON BOARD WITH THIS FOR ME TO STILL
DO IT. THIS INACTION IS FOR MY LONG TERM FREEDOM**

**IS THIS MOVEMENT ACTUALLY "HEALTHY" FOR ME IF IT IS ASSISTING THE
MAINTENANCE OF MY EATING DISORDER?**

**AN URGE RESPONDED TO TODAY IS AN URGE THAT RETURNS TOMORROW. I
CAN RIDE THIS WAVE OUT NOW, IN THIS MOMENT**

**IF A FRIEND WAS TIRED, WHAT PERMISSIONS WOULD I GIVE THEM THAT I
AM NEGLECTING TO GIVE MYSELF?**

**I CAN MAKE DIFFICULT CHOICES NOW TO ALLOW FOR A MORE PEACEFUL
TOMORROW**

**MY BRAIN DOES NOT HAVE TO BE ON BOARD WITH THIS FOR ME TO STILL
DO IT. THIS ACTION IS FOR MY LONG TERM FREEDOM**

**MY BRAIN IS WATCHING AND LEARNING MY ACTIONS. I AM NOT GETTING
AWAY WITH ANYTHING IF I AM SECRETLY MOVING IN WAYS MY LOVED
ONES WOULDN'T ADVISE ME TO BE**



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