

It's a tricky situation
Being physically healthy
Mentally not there yet
But because you look 'healthy' doesn't mean you are
And this is what our world doesn't understand

Mental illness is just like it sounds
Mental
Having an eating disorder can look different
But it is just as much of a mental illness as depression
It can just have more prominent physical side effects
But even then, that's not true for everyone

I'm finding myself in this spot of being physically healthy
But mentally unstable
I'm happier
I feel better
But I still have constant eating disorder thoughts swirling around in my mind
And this makes me question if I will ever get there
To the place that means freedom to me
I have come to accept that I will deal with the thoughts for the rest of my life
But hopefully they will be small whispers that are barely identifiable

I am a pretty stubborn person
And when I get set on achieving something
I like to go after it
But it can be dangerous in times like these
When what I have been pursuing isn't a good thing
But whatever it is, my brain's wires get so strong and committed to the goal
You can't undo years of faulty thinking overnight
And while being stubborn, I'm also impatient
So trying to change my wires seems like it will take so long
And I think to myself, "If it takes so long, you might as well just stay in this spot"

But that's not true
Because when I take a deep breath and really think,
I want to recover
It feels strange to admit that and actually mean it this time
I've been in quasi recovery for so long
'Recommitting' to recovery many times
Saying what everyone wants to hear
But never meaning it
Words with no backing up

Being fully recovered is not something I want all the time
Actually, each hour of the day is unpredictable
Some hours I want recovery and others I want nothing to do with it
But you know what?
That is exactly what recovery encompasses
Recognizing you are being pulled back and wanting to go back to old ways
But pushing through and doing the right thing even when you feel like you like it's impossible
Being lured in by the voice, so convincing and comforting
But knowing that there isn't a life worth living when you're trapped in an eating disorder
So you acknowledge you feel that way
Tell yourself it's okay
And then think about what you want more
Truly at the end of the day

e.g.