



CYCLE BREAKING & BINGE EATING DISORDER

Stages of Recovery

additional themes:

Lineage, culture,
Physical health, medications,
substances, sleep
Vices/ addiction
informed consent, inner child
healing, re-parenting oneself,
boundaries,
Increasing tolerance for joy,
rest, & idle time



1

Education, Integration, & Flexibility

The practice of locating myself in the world & understanding the survival strategies I've developed in order to adapt to what I have inherited. Willingness to reflect on my emotions, thoughts, beliefs, patterns & behaviors (defense mechanisms & survival strategies). Practicing compassion & curiosity to make sense of my story, my family's story, and others' stories.

2

Emotion Regulation & Harm Reduction

Willingness to diversify my coping mechanisms, skills, and survival strategies based on my values, resources, & the present moment. Harm reduction means agency, informed consent, compassion & diversification in my survival strategies, if I so choose/as available, rather than abstinence above all or perfection.

3

Agency & Re-Nourishment

Sprinkled throughout, reconnecting to my values, voice/ power & agency, & practicing wherever possible. Willingness to choose re-nourishment for myself in my self care, behaviors, and relationships. Only I can choose re-nourishment for myself. I take center stage, I no longer feel shame around the stories and therefore I feel more secure in myself which leads to more security in my relationships. I use my voice for the causes & communities I love & value.

