

Information Sheet - Institute of Welfare

Admitting and Accepting an Eating Disorder

One of the hardest things to do is admitting and accepting that you have an eating disorder. The next hardest thing to do is reaching out and asking for help. Many of us feel that since this is our problem that we should deal with it on our own. People with eating disorders are very independent and are not used to sharing their feelings with anyone, especially not a therapist. They may feel too ashamed or embarrassed to reveal to someone what they are doing.

It is important that you find ways that are helpful for you. Many people will try to tell you what you "have" to do in order to recover, but only you know what methods of treatment are best for you. What works for one person, may not work for another. Do not be afraid to tell people what you want and need.

A recovery is a long road and remember that you do not have to travel that road alone. It really is important to reach out for help. There is no shame for having an eating disorder and help is available. You do not have to be a prisoner to your eating disorder forever. Not only is it okay to ask for help, it is necessary. Help can be found at many places Doctors, therapists, treatment centres, families, national organisations and just telling someone.