Indicators of Recovery

- Being able to reach out and ask for help
- Recognizing that there is a problem and eliminating denial
- Possessing a desire to change
- Improving communication with family, friends, and in the work environment
- Being able to openly express and identify both negative and positive emotions
- Being assertive rather than aggressive or passive
- Establishing boundaries and maintaining them
- Practicing new and more effective problem-solving skills in all areas of life;
  recognizing that there options
- Learning to differentiate thoughts from behaviors and restructuring them in
  order to positively affect feelings and self-esteem
- Recognizing the positives about yourself and life in general rather than dwelling
  on the negatives
- Learning to trust both yourself and others
- Looking to the "inside rather than the outside" to develop a positive
  identity/self-esteem
- Developing a willingness to resolve conflicts in a positive manner
- Becoming less compulsive and impulsive in behavior and decision-making
- Being more patient and gentler with yourself and others
- Breaking away from negative relationships, job, situations
- Learning "slips" and relapses are signs that something else is really going on and
  forgiving yourself while investigating the cause
- Realizing that the eating disordered behavior doesn't "work" anymore
- Recognizing the long-term negative consequences of the behaviors
- Finding a balance in life
- Putting life events and feelings into perspective
- Becoming more flexible
- Learning to take risks
- Acting not reacting
- Feeling negative emotions and knowing it is possible to live through them
  without needing to numb them.
- Becoming autonomous and not comparing yourself to others
- Utilizing positive "self-talk"
- Adopting alternative coping skills
- Allowing yourself to make mistakes and learn from them
- Being realistic rather than idealistic
- Learning to be alone and like being with yourself
- Learning to be less perfectionistic (especially in evaluating recovery)
- Remembering that recovery is often a long and complex process.