

12 Steps of Recovery

- 1. Admit you have needs that haven't been met.**
- 2. Seek help and support.**
- 3. Look for answers...don't stop until you've found them.**
- 4. Look for solutions...stop submitting, stop rebelling.**
- 5. Practice gratitude daily.**
- 6. Develop a balanced point of view.**
- 7. Share your story with others...you are not alone.**
- 8. Clear away the wreckage of your past...mourn the lost opportunities.**
- 9. Continuously revise your life story.**
- 10. Practice honesty and compassion for self and others.**
- 11. Meet your needs...communicate honestly and directly.**
- 12. Knowing that you are not powerless, food will fall into its healthful place.**

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