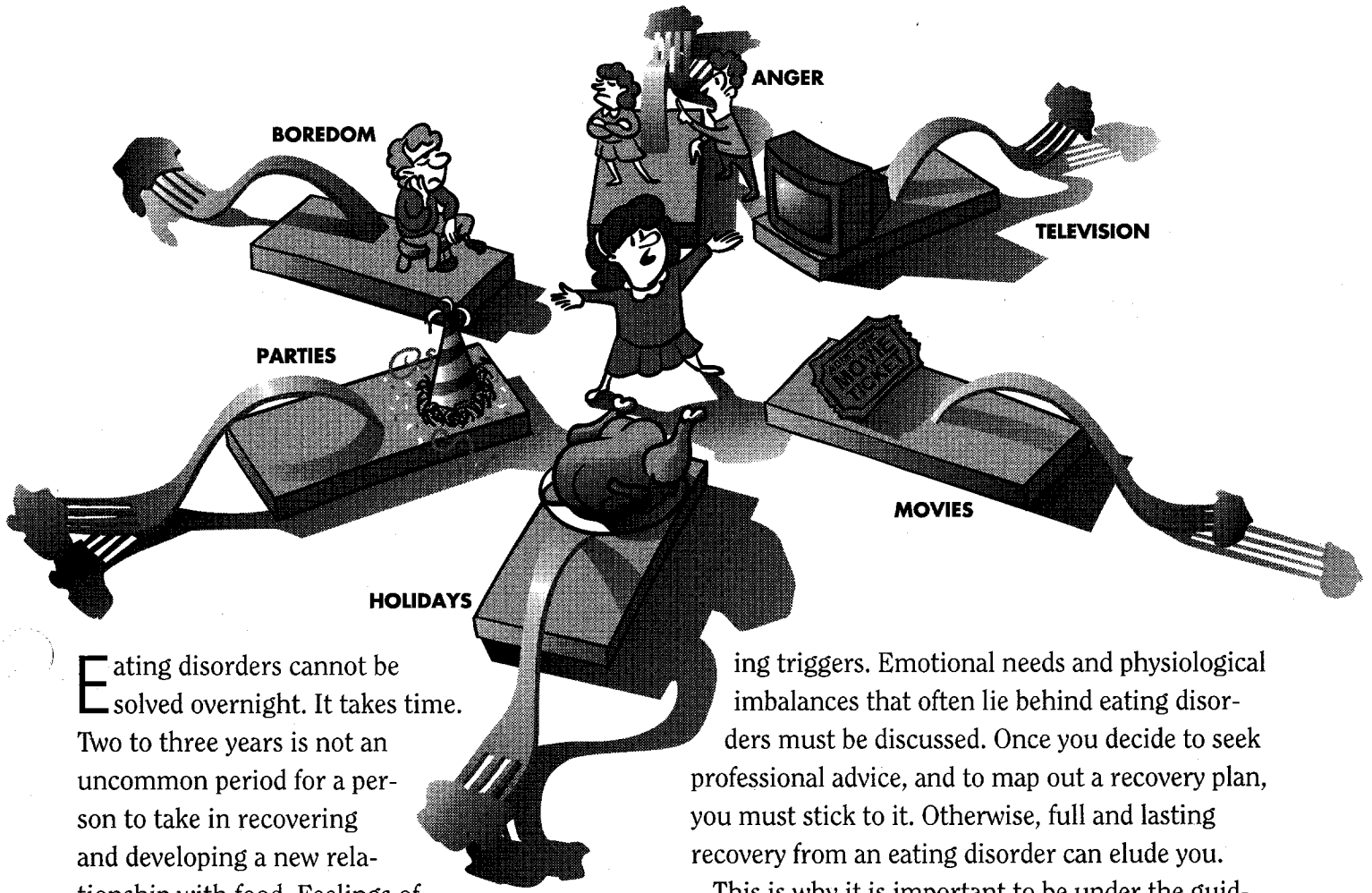
Obstacles to Recovery

Understanding Eating Triggers



Eating disorders cannot be solved overnight. It takes time. Two to three years is not an uncommon period for a person to take in recovering and developing a new relationship with food. Feelings of shame, guilt, anger, isolation and being out of control are all common. They keep the person with an eating disorder from seeking assistance.

Hence, a solid look at reality is needed. This is sometimes difficult. One trigger that keeps the eating-disorder cycle going is the inability of the sufferer to see the behavior or the body as it is. Anorectics, for example, may insist that they are well, even overweight, despite being on the verge of starvation. In general, people with eating disorders overestimate their body size by as much as 50 percent.

Advice from an eating disorder specialist can help identify an individual's specific emotional and eating triggers. Emotional needs and physiological imbalances that often lie behind eating disorders must be discussed. Once you decide to seek professional advice, and to map out a recovery plan, you must stick to it. Otherwise, full and lasting recovery from an eating disorder can elude you.

This is why it is important to be under the guidance of those trained in dealing with your particular eating problem. Together you will be able to identify your particular eating "triggers," and be able to cope with them constructively.

For example, you may have a history of overeating at certain business or social events. Overeating during the holiday season is commonplace, even encouraged by advertising. You need to replace these activities or design a healthy plan for coping with such situations.

Constructive identification and coping with your eating "triggers" is of key importance to lifelong recovery.

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