

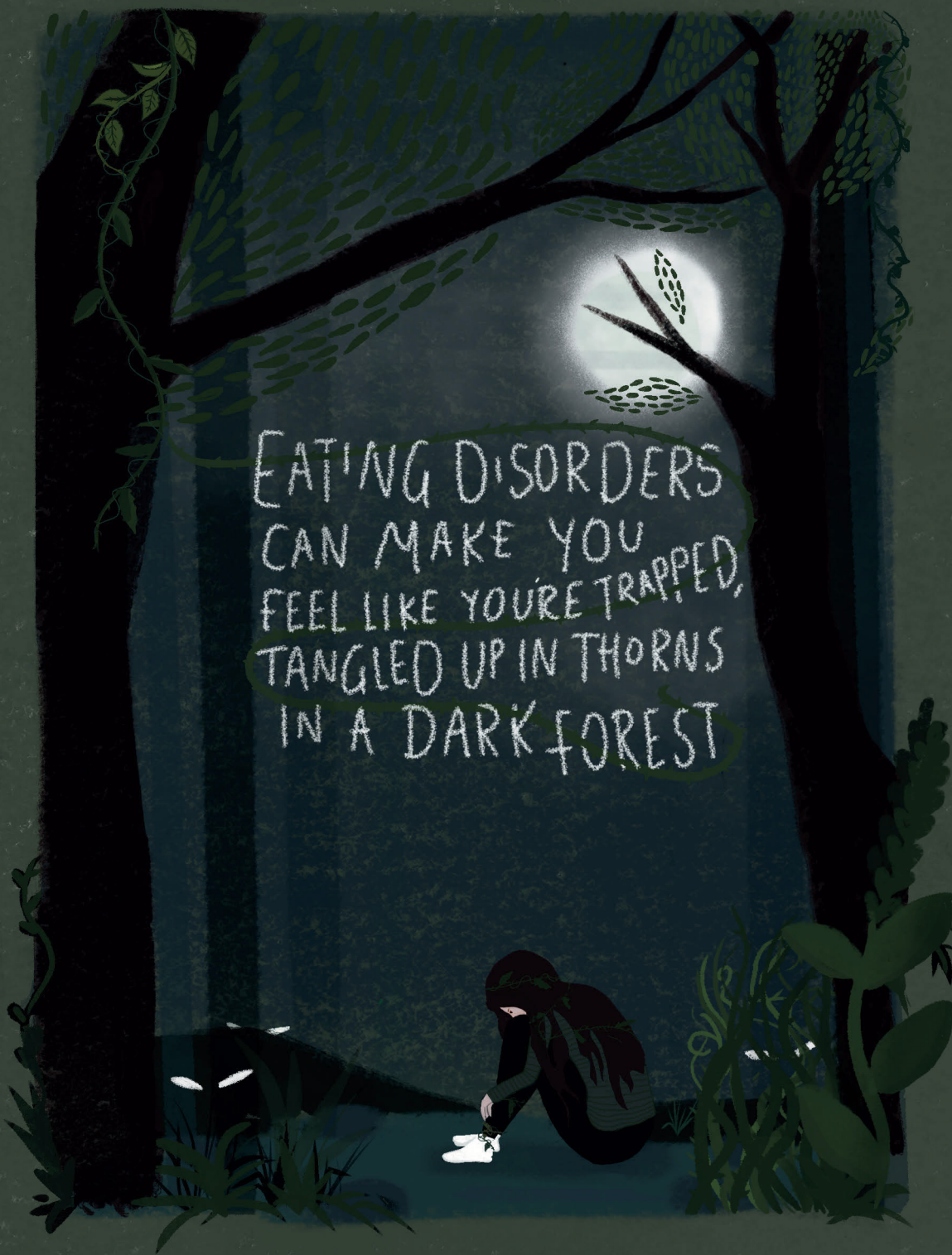


UNTANGLING

JULIET SIMMONDS

UNTANGLING

This book is about anorexia and may not apply
to other eating disorders (EDs)



EATING DISORDERS
CAN MAKE YOU
FEEL LIKE YOU'RE TRAPPED,
TANGLED UP IN THORNS
IN A DARK FOREST

SOME DON'T UNDERSTAND,
THEY SAY...

'JUST TRY
HARDER'

'YOU'RE BEING
SELFISH'

'BUT YOU LOOK HEALTHY'

'JUST EAT'

'JUST ESCAPE THE DARK FOREST,
IT CAN'T BE THAT HARD'

WHEN IN REALITY,
THE DARK FOREST
HAS SUCH A
HELD ON YOU

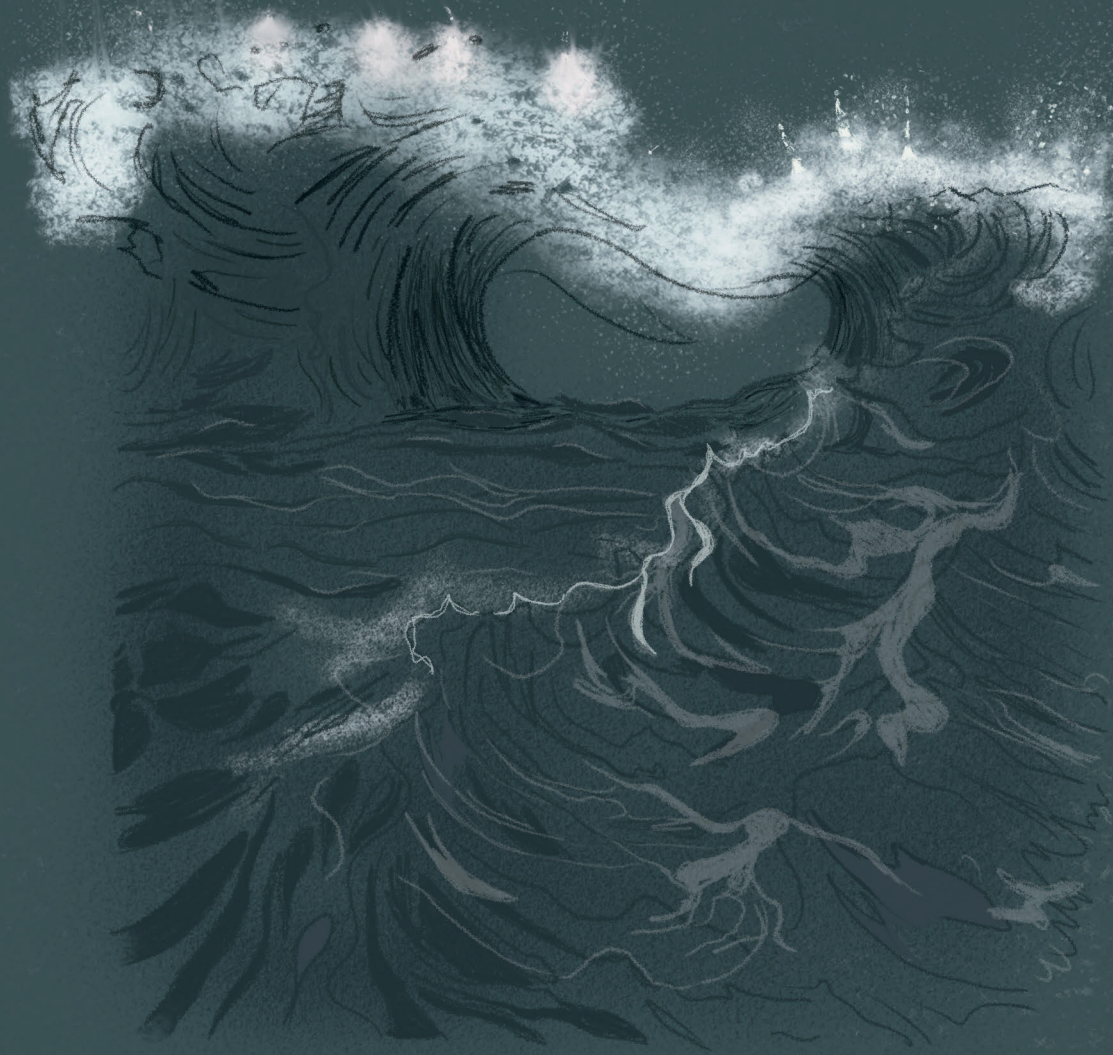


THE IDEA OF RECOVERY FEELS



IMPOSSIBLE

IT FEELS LIKE THE ONE THING YOU
CAN CONTROL WHEN EVERYTHING



FEELS OUT OF CONTROL



BUT THE ED IS ISOLATING
AND SECRETIVE



THE ED FEELS LIKE A FRIEND



AND A
BULLY

RULES AND RITUALS AROUND FOOD
THAT ONLY BECOME STRICTER



AS THE ED GROWS MORE
OVERPOWERING

IT'S NEVER ENOUGH



THE ED ALWAYS WANTS MORE



OFTEN MAKING THE FIRST STEP
CAN BE THE HARDEST

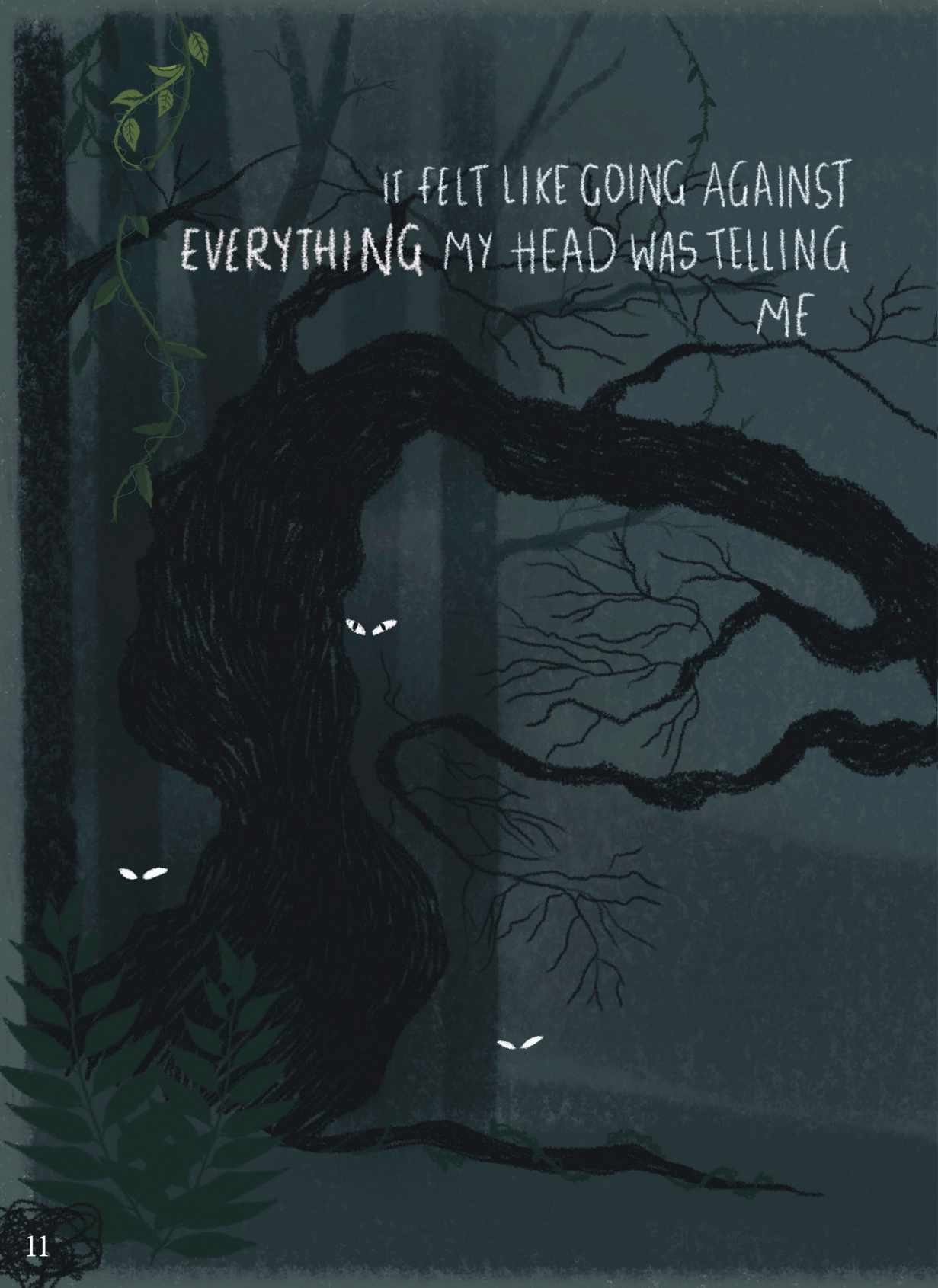


'TRY AND TAKE A BITE'

THIS
WILL
MAKE THE
ED VOICE LOUD

I KNOW FOR ME, I COULDN'T DO IT FOR MYSELF
SO I HAD TO DO IT FOR OTHERS AT THE START





IT FELT LIKE GOING AGAINST
EVERYTHING MY HEAD WAS TELLING
ME



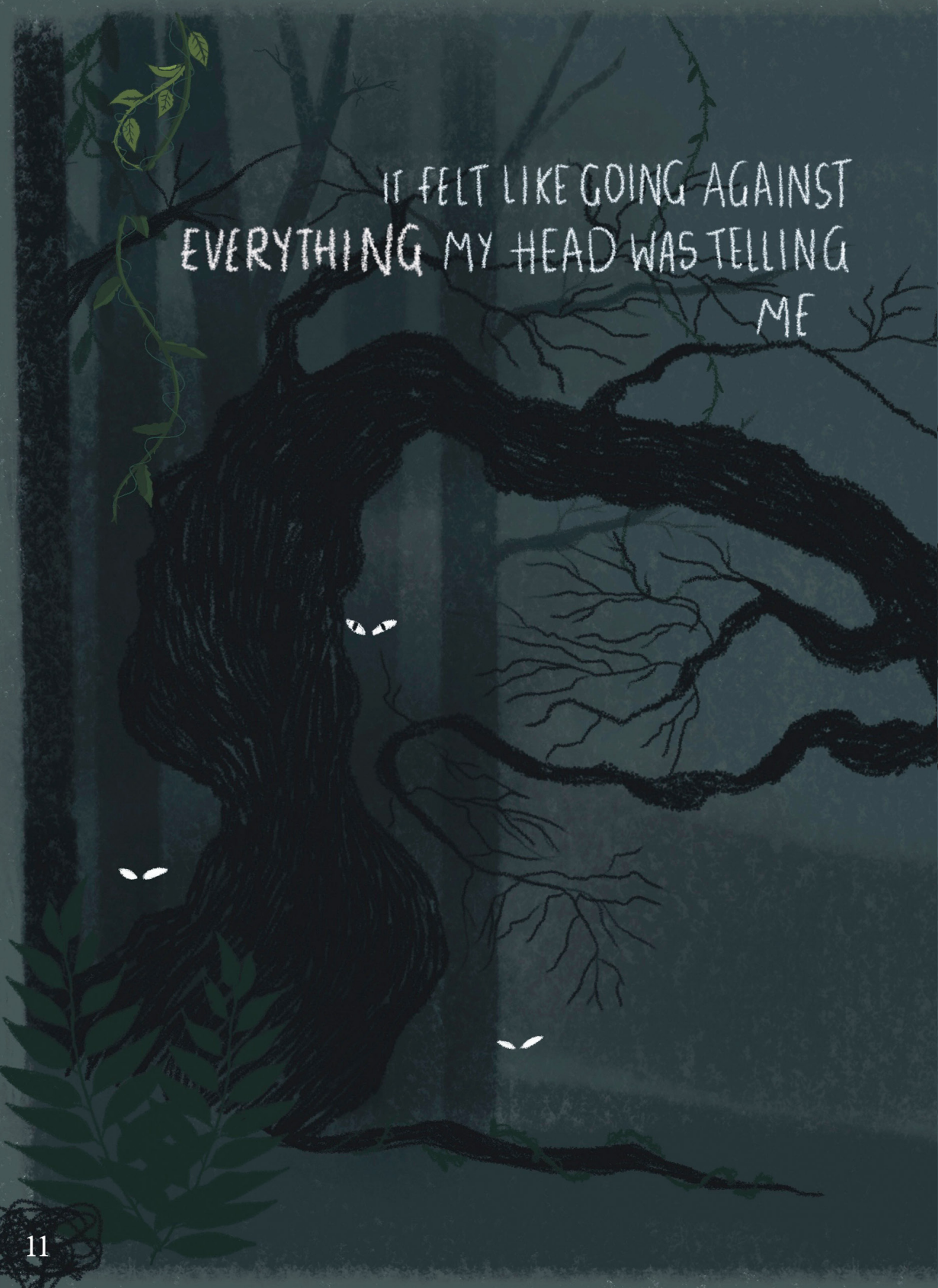
I FELT STUCK BETWEEN THE VOICE IN
MY HEAD AND EVERYONE ELSE TELLING ME
I HAD TO TAKE STEPS TOWARDS RECOVERY



'DON'T DO
IT'



'YOU'LL LOSE
CONTROL'



MY ED FELT
SAFE AND
RECOVERY
DID NOT

TWO SIDES OF MY BRAIN CONSTANTLY
ARGUING



BUT YOU WILL NEVER FEEL 'READY' TO START
RECOVERY, ESPECIALLY IN THE BEGINNING





EVERYONE'S RECOVERY LOOKS DIFFERENT

I was an inpatient at an ED clinic but the real recovery didn't start until I was discharged



I had to identify and treat the root causes of my ED



not just the surface level

The more I engaged with things that were not connected to the ED, such as hobbies I used to love pre ED and being around friends who didn't have EDs, the more I had to fight for

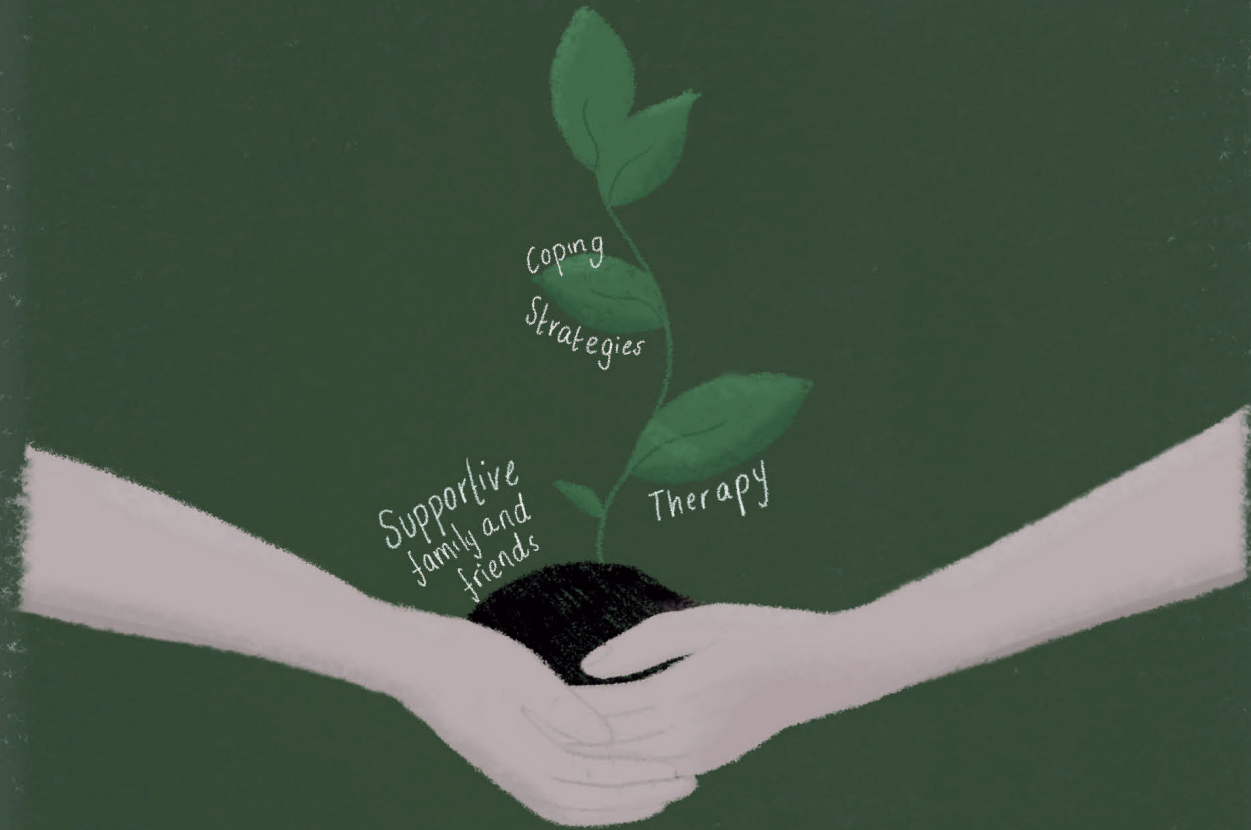


I began to separate myself from the ED in my head



and realise that it wasn't me

Having a good support system is important in recovery



It was helpful for me in my recovery when the people around me learnt how best to support me and which unhelpful comments to avoid

I had to figure out who I was outside of the illness



It wasn't easy and I still had a long way to go, but it did get easier little by little ...

The more I wanted recovery, the quieter the ED voice became



and the easier it was to ignore it

Eventually, the ED voice disappeared and I realised how far I'd come



Occasionally I might have to be a little careful with certain things such as counting calories but I'm able to have a healthy relationship with food

Helpful resources and available support

Support available if you're struggling

Beat helpline 3pm-8pm Mon-Fri

By phone - 0808 8010677

By email - help@beateatingdisorders.org.uk

Or webchat via Beat's website - beateatingdisorders.org.uk

Support groups

Supporting someone else

Tips for supporting someone with an eating disorder - beateatingdisorders.org.uk

Helpline by phone, email or webchat

Support groups



Recovery is possible and 100%
worth it





Written and illustrated by Juliet Simmonds



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