

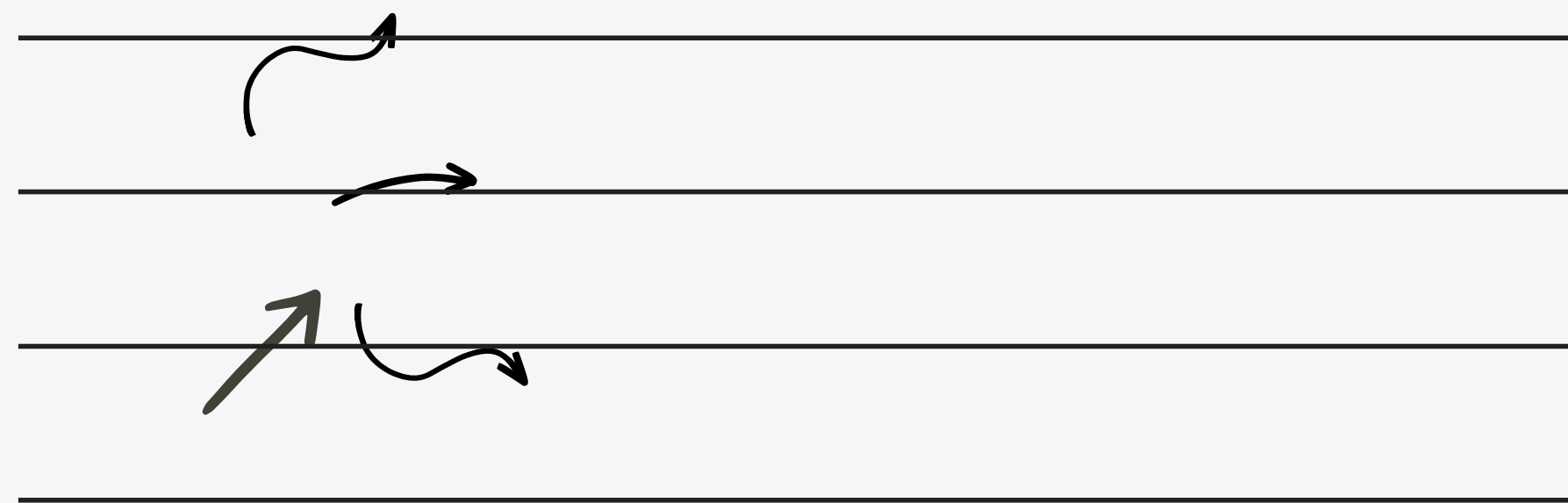
# Instructions:

Write out a consecutive list of what will happen if you choose the path on the right or left. For instance, staying in your ED will cause you to be stuck in treatment, medical bills, time away from work/school, family, and eventually (final bullet) lead to death. Choosing recovery will allow you to go back to work, make money, buy a house, get a degree, live your dreams..the spiral arrows represent how recovery isn't linear and there will be pivots and twists along the way. You can print or use a PDF editor like Adobe to fill out an electronic copy.



RECOVER

STAY IN MY ED



ROAD TO RECOVERY

