

## “I Remember”

I remember the day so clearly, as if it was just moments ago. I had been sent to a program at a hospital by my therapist in hopes to help me overcome my eating disorder and self-injury. I was so determined that, even though I was being supervised, I was still going to let my eating disorder control my life and what I ate. Even though I hadn't ate one single bite in several days, I still managed to trick the doctors into thinking I had been eating every meal.

Everything seemed to be going according to my eating disorder's plan, until one morning I woke up to have merely no strength at all. I went into the bathroom and slowly turned on the shower. I could barely move, let alone take a bath. I stepped into the shower, and in a matter of minutes, found myself go completely blind-ed. Immediately, I knew something was not right. I turned the water off, laid my emaciated body slowly and painfully down in the bathtub, and prayed. I began to pray out loud. I looked down at my thin body, and burst into tears. I knew this was not where my heavenly Father wanted me to be. I asked for the Lord's strength and guidance to help me overcome the disorder that was killing me alive. I prayed and prayed and prayed. After several minutes, my sight slowly came back. Right then and there, I knew recovery was possible and that my heavenly Father was going to be with me the whole way.

Soon after getting out of the hospital, I decided to try and help others, just like me, see that God is truly with us all. I created a website named [RecoverWithGod.com](http://RecoverWithGod.com) and am hoping to write my own book soon. To all those that are reading this, but still are struggling with an eating disorder, just know that recovery is possible.

- Anonymous