



#### *Note About NH:*

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## ***New Beginnings***

With each new year, many of us celebrate the change to “start over” at something in our lives. It seems that January 1st is an optimal time to do this. I believe we have that extra optimism on the first day of the year. January 1st excites me.

While we can’t fix the past, I do believe we can start from today. We can give ourselves permission to start over at whatever it is we want to do. Many people across the globe decide to start something, change something or to stop something beginning with January 1st. I love getting to do this each year. January 1st for me is like a “clean slate” day. It’s not fixing the past, but having a day to start again. Over my experience with life, I’ve realized that once a year, once a month, once a week or sometimes even one more day is too long to wait to start a new.

I’ve learned that recovery takes baby steps—those small steps that aren’t overwhelming. For example, if I want to lose weight, I may need to consider changing my meal plan as step one. I may consider finding a type of exercise that I can do physically as step 2. Once I figure out my initial step, I can take that first step. I get to take one day at a time—so I get to start over and have a beginning tomorrow, or even start over with my next meal (lunch or dinner). I don’t have to stress over continuing if I take my steps one at a time, one day at a time. I can’t predict tomorrow. I can deliberately choose what to do right now. This may mean I take today one meal at a time. It definitely takes the pressure off to sustain change for an eternity!

Think of it this way. I can do anything for one day. If one day feels too big, I can do anything for one hour. I don’t need to worry if I’m going to eat correctly for the next week. I only need to decide I’m going to eat correctly for the next meal. This doesn’t give me freedom to do anything between now and the next meal, but to commit to eating healthy for me through the next meal. When I finish with that meal, I choose to eat correctly or healthy for me through the next meal. If I’ve been doing well eating a day at a time, I commit

to eating well today until I get to tomorrow. We are all different, so my step may be bigger or smaller than your step.

If I fail to eat well at lunch, I get a “do over” at dinner. I can look at what tripped me up (thinking, too much hunger, uncomfortable emotions, being out and about, etc.) and then adjust to make it doable to eat well for dinner. I can still get back on track with my goals starting at this moment, this meal, this day, this hour.

These aren’t excuses to do what I want to do and put off my health until tomorrow, it’s acknowledging this is a process—a difficult journey. It’s not a perfect path that I will walk perfectly or arrive at the destination in “x” number of steps and choices. It’s also a way to help me manage the enormity of recovery. I can’t make tomorrow come faster, but I can do what I need or want to do today.

If you enjoy having a new beginning—a clean slate so to speak—consider joining me in making each morning or each hour a new beginning to work on something in recovery. It removes the pressure of long periods of time, and it eliminates waiting for the “shoe” to fall in the future. It’s a lot less pressure that way, and it allows us to focus on the here and now.

Consider joining me in putting recovery first, and taking it one step at a time. Give yourself a new beginning today!

Take gentle care of you,  
Kristen

**It’s not a  
perfect path  
that I will  
walk  
perfectly...**

*Today is  
your new  
beginning*

# You Can do it!

## *Starting Over*

I have a lot I am struggling with right now, but the biggest issue is my eating. I've just lost control. I felt like I was doing better for a good while but it seems like my world has blown up. Things that were okay have fallen apart, and when that happened it is like I wasn't able to hold on to anything. That includes my eating.

After weeks of doing well, I am now starting over again. I don't even know where to begin honestly. I guess I start with sticking to a healthy shopping list and adding healthy snacks back into my list. Cutting out or cutting back on the pop. Putting salads back and going more natural with fruits and vegetables. The other thing I need to do is to start exercising. I haven't done that in forever. I used to feel better when I exercised. Not excessively, just 15-20 minutes a few days a week. It made me feel like I was taking care of me. While I hate exercising, I like how it makes me feel about me.

I can start tracking my meals again. I didn't think I needed to do that anymore since I was doing so well. Maybe that was a bad decision, or maybe it was just the overwhelming of everything happening that it would have helped had I been tracking my meals.

Starting over is a bit frightening because it means managing through all the urges again. That is so tough. I'm hoping by writing and sharing this, that I will have more reasons to get back on track. I really do want to get back on track. I need any advantage I can find to do so.

**Starting over  
is a bit  
frightening  
because it...**

Submitted by:

Me



## ***Food Logs***

It was suggested that I keep a food log to help me manage my struggle with my eating disorder. Sometimes I do really well with it and other times I struggle to complete it. I struggle the most when I'm having trouble with my eating. When I'm doing well, it's much easier to log.

I've found that depending upon how I'm doing one type of log works better than another at times. So I've given myself permission to change the log in between if it might help me log better. My favorite log is where I identify my thoughts, feelings and physical sensations when I eat. It helps me to pay attention to what I'm eating and how I'm eating and what I'm telling myself.

Something I've noticed is that if I take it to my counselor I do a bit better with my eating and logging because I don't want her to see me at my worst. Yes, she has seen me there, but it's not a pretty picture, and it's incentive to try harder.

On the physical and emotional side, I feel a lot better when I am able to do better and eat healthier. I really want to beat my eating disorder. Others say it's possible. I really hope it is. I want to be free from all the chaos and rules I have about eating.

Submitted by:

April

***On the  
physical and  
emotional  
side, I feel a  
lot better  
when...***

***Progress is still  
progress, no matter  
how small.***

“The words “I am” are potent words; be careful what you hitch them to.

The thing you’re claiming has a way of reaching back and claiming you.”

A.L. Kitselman

## Recovery

All of us want to recovery from the trauma we've been through. The problem is that recovery is difficult at best. I've never met a survivor who said, "Oh yes, recovery was a breeze." In fact, most survivors I've talked to have said they want to move past their trauma but they wonder if it is ever going to happen. Recovery for them has been slow and painful.

I believe that is the point where we really need to choose recovery. Sometimes we need to choose it over and over. This isn't because of a lack of desire for recovery, but speaks to the work needed to be put into their lives to get to a place where it's a memory but not interfering in their daily lives. It's fairly easy to choose recovery on a good day. On a good day I may be optimistic and feel strong in my resolve to get through whatever I need to face. On a bad day, I may consider quitting therapy, or even consider death as an option to recovery.

It's in these dark places that I may need to reach deep inside with all that we have within to choose to continue to work through what happened to me. It's not an easy choice. Especially not when it seems all is falling apart inside and/or around me. Something I need to remind myself is that I've already been through the worst—I survived the abuse or sexual trauma. I made it through alive. Yes, it's difficult to deal with and painful, but I can do this.

The process of healing from these types of traumas is tough. There is no way around that. It's just plain tough. It's like a full-time job with overtime! Yet there is hope. Because of that—because others before me have moved past this, I can too. It's one step then another. I can't take two or three steps at a time when I walk, and it's the same process with recovery. Take a step, get my balance and then take another step.

Hold on—don't give up on recovery no matter how much it hurts or how slow it goes. Take it one step at a time. I can do this. I can choose recovery.

***Yes, it's  
difficult to  
deal with and  
painful, but I  
can do this.***

Submitted by:  
Anonymous

## ***Hope***

They say there is hope  
It doesn't seem like it  
It's not better  
There's too much pain inside.

I wasn't supposed to tell  
But they asked  
Now I can't make it all stop  
The stuff spinning in my head.

When does it end?  
Is there really hope it will?  
I'm just not sure  
I don't see any signs of change.



Dance When You Struggle

Submitted by:  
Erin

## ***Our 2020 Programming***

### **General Trauma Support**

- Abuse & Sexual Trauma Support Group
- Abuse Prevention in Relationships Workshop (2 hours—offered as demanded)
- Bridge of Hope (Quarterly Trauma and Dissociation newsletter)
- Coping with PTSD Workshop (2 hours—offered 1x per quarter)
- Facebook PTSD & Trauma Support (Private group)
- Grief & Loss Support Group (4 weeks closed group)
- Relapse Prevention & Trauma Support Group (6 weeks closed group)
- Self-Care Workshop (1.5 hours—offered quarterly)

### **Eating Disorders & Trauma**

- Abuse, Bulimia & Sexual Trauma Support Group
- Binge Eating & Trauma (BET) Support Group
- Binge Eating & Trauma—Christian focused (BET-C) Support Group
- Facebook T.E.D. (Trauma. Eating. Disorders) Support (Private group)
- Nourishing Hearts (Bimonthly Eating Disorder & Trauma newsletter)

### **Faith & Trauma Support**

- Faith & Trauma Support Group
- Facebook Faith & Trauma support (Private Group)
- Healing Grace (Coming soon)

### **Ways to get give back**

- Tell others about our support program
- Share your writing or artwork by submitting them to be used in our newsletter
- Help us spread the word to your local area by emailing us names and mailing addresses of local mental health professionals and family physicians that we can send information to

To register for support, visit our Program page at:  
[www.hope4-recovery.org/program.html](http://www.hope4-recovery.org/program.html)

**STATEMENT OF FAITH**

Psalm 147:3 He heals the broken-hearted and binds up their wounds.

**MISSION**

The mission of Hope Recovery is to provide Christian-based support in the lives of adult survivors of abuse and sexual trauma.

**VISION**

To offer support and compassion as survivors make their way on the journey of recovery and healing.

**Hope Recovery**

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Phone: (765) 505-8908

We're on the Web

[www.hope4-recovery.org](http://www.hope4-recovery.org)



When all seems like a struggle, there is hope.

**Subscribing to Nourishing Hearts**

**Fees:**

Free to Survivors of Trauma with a Binge Eating Disorder.

\$4 donations from supporters and professionals is requested to cover the costs of the website.

**You Are Not Alone!**

Donations may be sent to our PO Box, or online via PayPal.