



InnerSolutions

A counseling service dedicated to helping people heal from food, weight and body issues.

Anti-Anorexia Podcast Script

Welcome to InnerSolutions' Anti-Anorexia Podcast.

The following messages are for anyone who is trying to overcome dieting, restricting and/or anorexia.

Anorexia has been lying to you.
It has cast a spell on you that tells you that your purpose in life is to lose weight.

This spell you are under can be broken and you can get well.

If losing weight could make you happy, it would have done so by now.

Getting well does not mean getting fat.
Getting well means coming to peace with yourself.
Getting well means getting healthy and being free of obsession.
Getting well means learning to speak your truth.

You do not have to be perfect to be loved or liked.
You don't need others to be perfect in order to love them. Do you?

Food is medicine. Its purpose is to give you energy and provide nutrition for your body.

Some day you will be able to listen to your body's hunger and fullness signals to tell you when and how much to eat, but right now you need to eat regularly whether you are hungry or not.

Eating normal amounts of food does not make you fat.



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You can be special without being sick.
You can get attention without being sick.
You can have an identity that is more than just being thin.
Thin is not a coping skill.

Losing weight will not solve your problems.

You can learn new coping skills. You can learn to communicate better.
You can learn healthy ways of dealing with your feelings and insecurities.
You can tell people what is wrong, with your words, and not your weight.
You can refuse situations instead of refusing food.

Fat is not a feeling.
Feeling fat is really an expression of insecurity. The solution to insecurity is not to lose weight. It's to develop a sense of self.
You can't solve inner pain through food deprivation.
Getting skinnier will never erase the pain of your childhood.
Your parents may never be the parents you wish they were. But YOU can parent yourself the way you wish your parents had... and a good parent feeds their child.

A hunger strike won't get you a do-over of your childhood.
Creating a satisfying healthy life for yourself will get you a good adulthood.
Even if growing up feels scary and overwhelming to you, with help you can learn how to do it...you don't have to stay little in your body to avoid it.

There are only 3 ways anorexia can go: You can get well, you can start bingeing as a result of all the restricting or you can die.
Something in you may need to die, but it's not you... it's your perfectionism.

It is safe to eat.
You need to eat.
You deserve to eat.



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You can base your eating on your commitment to self-care, not on the whim of passing emotions.

You deserve to have a life that's about more than just food and weight.

You can expect your eating disorder to try to trick you into following its guidance.
It is lying to you.
If its promises were true, you would be happy and confident by now.

You have been brainwashed.
The culture we live in has brainwashed you to believe that you can solve all your problems simply by losing weight.
And your eating disorder has brainwashed you into thinking it is helping you.
You can disagree.

You can learn to question your eating disorder. You don't have to believe everything you think.
You don't have to do everything your eating disorder tells you to do.

The alternative to being a perfectionist isn't to be a failure. It's to be reasonable, healthy and moderate.

You were not put on this earth to lose weight. You were put on this earth to have a full life.
You have gifts and skills that have nothing to do with how much you weigh.

If you spend all your time and energy changing and controlling your body, you will have little left for anything else.

If this was your last year on earth, would you want to spend it starving yourself and obsessing on your weight?
How would you want to spend it?



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Thank you for listening to InnerSolutions' Podcast.
We hope it was helpful to you.

We encourage you to listen to it many times, in order to allow the messages to sink in and help your thinking become healthier and more effective.

If you would like additional support, please check out our website at:
www.innersolutions.net. There, you can also find our book: [*The Don't Diet Live-It Workbook*](#).

If you are interested in purchasing *The Don't Diet, Live-It Workbook*, listen to our podcast for a special discount code.

Wishing you all our best. Thank you for listening.