

I have often thought to myself - is there a way out of anorexia? Will I ever be able to live my life without being controlled by food and feelings of disgust? The only way I have found out the answer is by meeting people who have recovered and actually experiencing my own life.

A prime example is one of my best friends. I met her in college and she spotted my illness before anyone else. She has been a support to me all through my battle and she's one of my role models because she's always happy, has a good job and seems to enjoy herself. Most importantly she gives me hope. You can recover. And just the other week I was her **bridesmaid!** She looked absolutely beautiful, healthy and glowing. I cried in the service because I'm so happy for her that she has a future with the man she loves.

I also know of a few older anorexics and bulimics who are happily married and have a few kids. It is possible to have a future. You have to keep reminding yourself of this - get out there and enjoy life! I've worked harder in recovery since I've been out experiencing things - partying, having laughs with my mates (it helps that I've met ones that actually make me feel good about myself), getting my belly button pierced, travelling to New Zealand on my own, having my own car, going to a dance class, attending University, keeping a job, sleepovers, flirting, having boyfriends etc. This is when I'm finding out who I am, what I enjoy and that life does have its ups and downs but I shouldn't blame myself. Bad things happen to everyone - I've only realised this when I gained a few close friends and they let me into their lives. Just learn from your mistakes or bad moments and you'll become a much stronger person.