

Tammy's Story

I would like to share with everyone a part of what I've learned about myself in the past 3-weeks. I've lived with Bulimia for almost 21 years. It began when, I was only 14 years old and I'll soon be 35 years old. I've spent almost my whole life battling my bulimia. I did have a period of recovery, but I relapsed. When this happened I found out that having insurance coverage doesn't mean you can receive the treatment you need. I was denied coverage for treatment in a treatment facility. I fought with my insurance company for six long months and got no where. By the time I reached the end of that six months, I only weighed 84 pounds and knew I had to do something to get back on track. On September 14, 2002, I spent the entire night on the internet searching for self-help books. I found the most incredible book in the world to help me be able to help myself. The name of the book is Bulimia: A Guide to Recovery, written by Lindsey Hall and Leigh Cohn. This book has a, "Three-Week Program to Stop Bingeing" in it. I'm here to tell you this program honestly saved my life. I began therapy on September 19, 2002 and weighed in at only 84 pounds. My EPS (Expanded Psychiatric Services) in my Insurance Contract covers every penny of my out-patient care. On September 29, 2002 I began my Three-Week Program To Stop Bingeing and completed the program successfully on October 19, 2002. I went for my visit with Susan, my therapist, last Thursday which was November 7, 2002 and I weighed 106 pounds. My dedication to my therapy, my Stop Bingeing Program and myself is paying off. I'm here to tell everyone that the book Bulimia: A Guide To Recovery, is a wonderful recovery tool. It will honestly teach you so much about yourself. It has taught me more than I could have ever imagined.

I want to share with all of you what I've learned about myself. I hope it will help you to remain on your Journey to Recovery.

"Steps To Happiness I Now Know"

I can't be all things to all people.
I can't do all things at once.
I can't do all things equally well.
I can't do all things better than everyone else.
My humanity is showing just like everyone else's.

So:

I have to find out who I am and be that.
I have to decide what comes first and do that.
I have to discover my strengths and use them.
I have to learn not to compete with others.
Because no one else is in the contest of *being me*.

Then:

I will have to learn to accept my own uniqueness.
I will have to learn to set priorities and make decisions.
I will have to learn to live with my limitations.
I will have to learn to give myself the respect that is due.
And I'll be a most vital mortal.

Dare To Believe:

That I am a wonderful unique person.
That I am a once-in-all-history event.
That it's more than a right, it's my duty, to be who I am.
That life is not a problem to be solved, but a gift to cherish.
And I'll be able to stay one up on what used to get me down.

by Tammy