

## No Rules

When discussing Christianity, or any other religion for that matter, a topic that is raised is legalism, i.e. strict adherence to the law, especially stressing the letter of the law over the spirit of it. In other words, this refers to abiding by rules in order to achieve favor with God or to atone for an offense. Christianity is not about rules but rather a relationship with God through His son Christ Jesus. There is great freedom in that.

In the same way, recovery from an eating disorder is not about rules. It is not about eating the “right” foods in the “correct” amount at the “best” time. Since so many eating disorder sufferers tend to be perfectionists, they think they must recover “perfectly.” There is no perfect way to recover, and in fact, what works for many people may absolutely not work for others. Furthermore, in the process of recovery, slip-ups and relapse are often part of the process. Getting back up, dusting oneself off and getting back on track can take more courage, determination and hard work than simply staying the course. Mistakes can be our best teachers if we learn from them. Getting discouraged and giving up happens all too often when perfectionistic people approach recovery the way they have approached everything else in life, including the eating disorder. Recovery is not a linear process. There are twists and turns and periods of complacency and backpedaling. The person who understands this and who is committed to the process will ultimately experience victory and freedom!