Being Willing to Recover

"No one saves us but ourselves. No one can and no one may. We ourselves must walk the path." – Buddha

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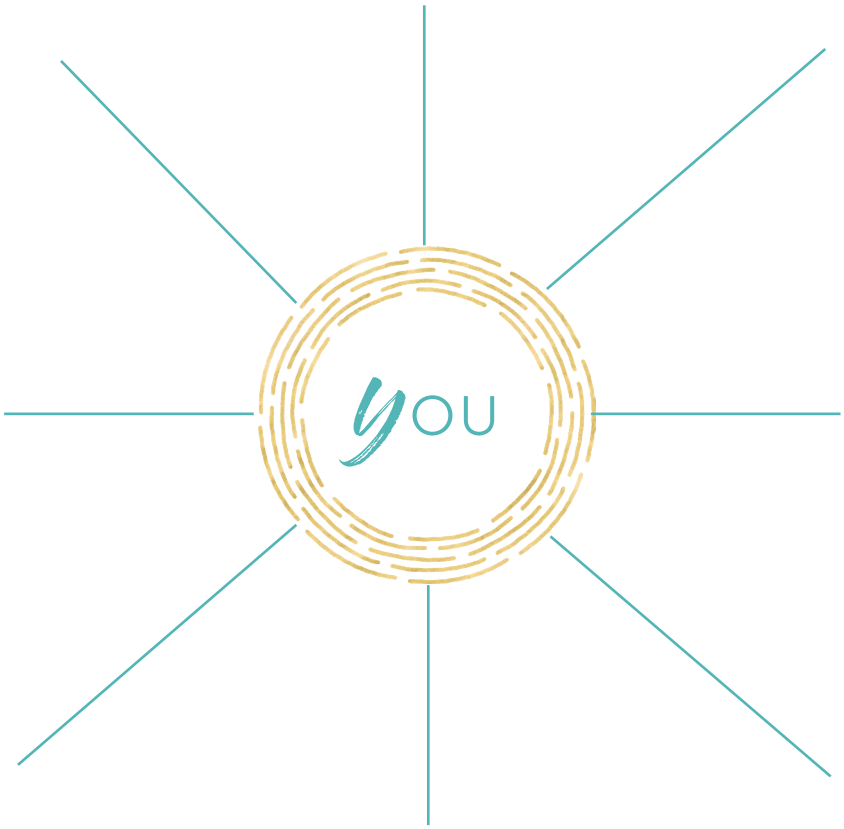
What is weighing you down?

(e.g. ED behaviors)



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What is supporting you?

(e.g. Meditation, yoga, books)

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