

**Reduced guilt,  
less anxiety**

**More social  
contact e.g.  
going out  
with friends**

**Expectations**

**Being  
spontaneous**

**Self-  
confidence,  
increased self-  
esteem**

**Not  
punishing  
self**

**Independence,  
being self-reliant**

**Setbacks &  
bad days**

**Interests &  
hobbies**

**Health &  
wellbeing**

**Sense of loss?**

**Ability to cope**

**Better  
relationships**

**Ability to  
recognise when  
you are struggling  
and take action**

**Acceptance**

**Being able to  
concentrate, pay  
attention,  
understand...**

**What can  
“recovery”  
mean?**

**Having other  
things in  
your life (not  
all about  
food)**

**Other people  
notice**

**Coping with  
new things**

**Self care**

**Ability to  
communicate  
needs**

**Not feeling  
like a burden**

**Feeling  
emotions –  
anxiety, fear of  
the unknown**

**Being able to  
ask for help**

**Less stress**

**Feeling happier,  
enjoying things,  
having  
achievable life  
goals**

**Change**

**No (or less)  
hospitals and  
therapists**

**Trust**

**More settled**

**Harder or  
worse for a  
while?**

**Space to  
think**