

Everything I did was enjoyable to me. Food was, but it no longer took precedent over all other activities. Things I would normally dread, class, homework, having to babysit, were all exciting to me. I felt the way I do in the summer. Interestingly, this is how I always picture myself feeling about school when I think about it in the summer. The true test of this change came when I went to babysit. This is usually an excuse for me to binge - I'm bored, it's the end of the day, etc. I had no desire to. I spent my time engaging the boys and enjoying them. Feeding them dinner, usually a huge temptation, elicited nothing from me.

More and more it occurred to me how different I felt. I realized how prior to this day I was so mean & unforgiving to myself in my head! That voice was gone. It was like I had a perpetual smile on my face, both inside and outside. I had so much more energy, not needing a 2nd cup of coffee in the morning, not needing to go to bed early, not feeling too exhausted to get anything done. I felt like I could fully appreciate and embrace everything in my life, down to the smallest thing. It was wonderful.

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