

Why I Want to Heal

Dear ED,

You and I have grown so close over the past few months. And while I greatly appreciate all of the time and attention that you spend focusing on me with such intensity, I feel as though I have to bid you farewell.

When we met, you promised me so much if I would follow your guidance. I trusted you. And that is my fault, because I need to find satisfaction in myself. First, it was simple. Throw away food, cut calories and do an hour of cardio daily. But as I stepped deeper into the hole you dug for me, I could feel myself losing my footing and stumbling down the rocky slope. My energy was so limited that I would barely talk to my friends, or even smile. But you assured me, told me that it was ok, that you were the only friend I really needed and how I was on the right track but just needed to keep listening to you.

It then came the lies. But I trusted you so profoundly that when you wanted me to, I looked my loving parents in their trusting eyes as I sang the tales you so effortlessly convinced me, convinced me that it was for a good cause and that anyone getting in my way is trying to take away my worth and my value that I obtained for being so hardworking, being such a good little slave, suffering willingly as you lied to me and promised gold. You robbed the joy you said you would give me. and I am done.

But it's so hard to say goodbye, when you are the only constant in my life, when you're the one I turn to for advice and support and love. It's so hard to accept that you are not who you say you are, that you are a liar and that I will never get the rewards you promise even if I trail at your feet like a puppy. I want to be happy, and I cannot have that with you in my life.

I want joy. I want yummy food. I want laughter. I want peace. I want calm. I want satisfaction. I want family time. I want to enjoy with my friends. I want to feel strong. I want to feel motivated. I want to do sports. I want to be enough. I want to love myself.

So,

goodbye.