

# Declaration of Independence from a Weight-Obsessed World

Many people suffer every day from their struggles around food, their weight, and their self-image. If you have an eating disorder like bulimia, anorexia, or binge eating then these problems are likely having a significant effect on your physical as well as your mental health. But even if you don't have a diagnosed problem, your constant dieting and feelings of low self-esteem are undoubtedly keeping you from living a meaningful and fulfilling life.

Your journey overcoming your problems with weight and food can begin with a simple declaration that you are determined to change your attitude and your behavior around food. The following declaration was developed by the National Eating Disorder Association. You should read it, sign it, and then read it at the beginning of each day. You may want to circle the statements that are most important for you to remember throughout the day.

Of course, this is only the start of overcoming your problems around eating. Click this link <https://www.nationaleatingdisorders.org/screening-tool> for a screening tool to help you determine the severity of your problems around eating and what you can do about them.

## The Declaration

I, the undersigned, do hereby declare that this day forward I will choose to live my life by the following tenets. In so doing, I declare myself free and independent from the pressures and constraints of a weight-obsessed world.

I will accept my body in its natural shape and size.

I will celebrate all that my body can do for me each day.

I will treat my body with respect, giving it enough rest, fueling it with a variety of foods, exercising it moderately, and listening to what it needs.

I will choose to resist our society's pressures to judge myself and other people on physical characteristics like body weight, shape, or size. I will respect people based on the qualities of their character and the impact of their accomplishments.

I will refuse to deny my body of valuable nutrients by dieting or using weight loss products.

I will avoid categorizing foods as either "good" or "bad." I will not associate guilt or shame with eating certain foods. Instead, I will nourish my body with a balance of foods, listening and responding to what it needs.

I will not use food to mask my emotional needs.

I will not avoid participating in activities that I enjoy (i.e., swimming, dancing, enjoying a meal) simply because I am self-conscious about the way my body looks. I will recognize that I have the right to enjoy any activities regardless of my body shape or size.

I will believe that my self-esteem and identity come from within!

---

Signature

---

Date