

My presentation is based on my lived experience of recovery from an eating disorder. Even though eating disorders have well-defined symptoms and various etiological theories, it is still difficult to understand the complexity of the interplay between internal and external factors in the development and maintenance of these disorders in specific cases. Stories of the survivors could help us to make a more meaningful understanding of this interplay. Each of those stories has some general and some unique parts. My story with the eating disorder (anorexia nervosa) started in adolescence and lasted intensively over ten years. It was a period full of ambivalence, ups and downs and it was challenging not only for me but also for my family and the professionals who were taking care of me. Even though my journey of recovery from anorexia nervosa wasn't linear, now I am recovered for several years. Instead of an isolated life with an eating disorder, I found the joy and the pain of relationships. Instead of the ascetic space, I discovered a creative space. However, I still have to deal with the long-term consequences of the eating disorder - physical health issues, delayed development, and thinking clouded by the eating disorder thoughts that appear in times of crisis. In this storytelling, I would focus on the main triggers that could maintain an eating disorder and critical points to recovery.