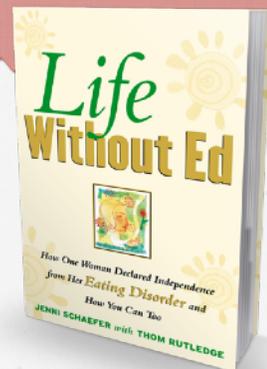


My Declaration of Independence

EXCERPT FROM LIFE WITHOUT ED (Fill in the blanks below with your name.)



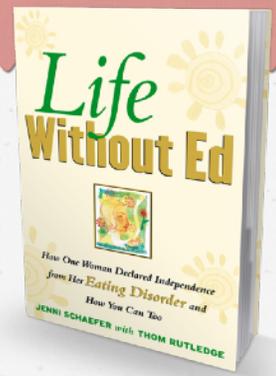
When in the course of human events, it becomes necessary for one person, _____, to dissolve the bonds which have connected her* to Ed, and to assume, among the powers of the earth, the separate and equal station to which the Laws of Nature and Nature's God entitle her, a decent respect to the opinions of mankind requires that she should declare the causes which impel her to the separation.

We hold these truths to be self-evident, that all mankind are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty, and the pursuit of happiness. That whenever Ed becomes destructive of these ends, it is right to abolish Ed and to institute Recovery, laying its foundation on such principles and in such form as shall seem the most likely to effect safety and happiness. When a long train of abuses, pursuing invariably the same person evinces a design to reduce her under absolute despotism, it is her right, it is her duty, to throw off Ed, and to provide Recovery for her future security. The history of Ed is a history of repeated injuries, all having in direct object the establishment of an absolute Tyranny over _____ . To prove this, let facts be submitted.

- Ed has refused for a long time, for _____ to find happiness.
- Ed has erected a multitude of binges and purges.
- Ed has ravaged _____'s life and harmed the lives of people close to her.
- Ed has joined with Perfectionism to subject _____ to acts foreign to her constitution.
- Ed has excited domestic insurrections within _____ .
- Ed has cut off emotions.
- Ed has suspended _____'s own mind and declared himself invested with the power to legislate _____'s world.
- Ed has deprived _____ of food.
- Ed has taken away _____'s feelings, abolished her most
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My Declaration of Independence

EXCERPT FROM LIFE WITHOUT ED



In every stage of these oppressions, _____ has petitioned for Redress in the most humble terms. Her repeated Petitions have been answered only by repeated injury. _____ must, therefore, acquiesce in the necessity, which denounces her Separation, and hold Ed as the Enemy. _____, therefore, solemnly publishes and declares that she is Free and Independent; that she is absolved from all allegiance to Ed, that all connection between Ed and her ought to be totally dissolved, and that as a free and independent person she has the full power to eat, live in peace, and to do all other acts and things which independent people do. And for the support of the Declaration, with a firm reliance on the Protection of Divine Providence, _____ mutually pledges to her therapy group her life, fortune, and sacred honor.

Get support for your declaration by asking your friends, family members, and treatment team to sign here.

* Because this book excerpt quotes an actual therapy assignment, it uses Jenni's personal pronouns: she, her, and hers. Please edit to fit your experience.