

## Starving for a Solution

### Confessions of A Former Anorexic: 5 Steps to Complete Freedom

By: K. L Pezzutto



## Is This Book for You?

Over the past couple of years, I have been honoured to have been asked a burning question, “is it possible to be completely free from an eating disorder?” This is the same question I asked doctors, counsellors and fellow roommates when I spent recovery time in the Foothills Hospital. Much to my distress, no one had an answer for me. As a result, I was not sure if complete freedom from the destructive patterns I had become a slave to was possible.

In light of the question that was never answered for me, I have written this book to bring hope to those who are struggling and to let them know that, despite what some may say, freedom from an eating disorder is entirely possible.

Thank you for picking up this e-book and choosing to give it a shot. Needless to say, I am incredibly honoured and very excited to walk alongside and assist you in your journey, whether it be twisted, winding, straight or spiraling out of control.

**So, here’s another question: is this book worth your valuable time?**

I would say yes if: you desire **complete** freedom from an eating disorder or want to help those who struggle. It is also a great match if you would like to learn more about this complex disorder from the perspective of someone who has overcome it completely and lived to tell the tale.

**Now, this all sounds dandy but Katie... what are your qualifications to write this book?**

## My Qualifications to Write This Book

I struggled with anxiety, OCD behaviors, anorexia nervosa and bulimia. Thankfully I was given the strength to overcome all of these strongholds and will, for the sake of this book, gear my attention towards unsnagging the talons of anorexia and bulimia. Overcoming these issues is an accomplishment that is possible for every person who is, has or ever will read this book. I can make this claim because we serve a big God, a God who has answers and solutions for every thing that plagues us.

I must tell you something very important before we continue...breaking free from an eating disorder is not easy; nor is it often a super quick process. It takes us years to develop lies about ourselves. These lies, because they become so ingrained in us, beat truth in the race to our minds and war for our actions.

Yes, the journey to full recovery will take time. That time will be filled with ups and downs, pain and joy, sacrifice and celebration. It, like most fluctuating situations in life, can be frustrating but I'll tell you this: by choosing to read this book and follow through with what you are reading, you are on the road to complete recovery and freedom. Congratulations!

My greatest desire and earnest prayer is that this little e-book will not only change your life but the lives around you as well.

**Many blessings and much love,**

*K.L Pezzutto*

## Chapter One

### Step 1: Identifying the Lies

#### **The Most Important Question to Ask Yourself: Where Did the Lies Originate?**

When I was younger, my biggest fear was of something big and terrifying lurking in my closet. My creatively inclined brain would fabricate the intricate, slimy scales covering its body. As I lay in bed with my eyes squeezed shut and the covers yanked over my head I could picture it sharpening its razor-like fangs on a coat hanger in preparation for the ten o'clock snack, me.

I'm sure we've all heard of and or feared some kind of being that lurks in the dark, waiting for the opportune moment to strike and snatch us up in our weakest moments.

What I've come to discover over the years is that fear and avoidance of that fear comes from a lack of knowledge about that thing. It is when we don't understand something that we fear it most.

For those who are struggling with any kind of battle, this is relevant information. Before we are to succeed, we must face the music and know who we are fighting our battles against.

**There are two reasons for us to have this knowledge.**

First of all, we will not be fearful of the unknown and secondly, we will be more aware of the strategies our enemy is using against us. Both of these key pieces will be used to completely decimate the enemy who has already taken far too many years from our lives already.

The time to learn more about your enemy and the lies he has tried planting in your mind is now.

#### **Where Did the Lies Come from?**

Contrary to popular belief, this enemy is not our minds. It is not our bodies. It isn't even social media or the celebrities that embody the attributes society says we must have in order to be valued. The enemy is the thief mentioned in John 10:10, the one who has come to kill and destroy, the snake of old, Satan. The Father of lies. He has been laying traps and plans to decimate your mind because you, are made in the image of God. You are a threat to him and he hates you. His plan, hatched long ago, was to tell you things about yourself that are lies, use your culture to back this up then watch you sink into a pit of despair as you repeat these **lies** over yourself.

## **So... Katie, Do You Have Any Good News?**

Oh my gosh, yes and here it is: Satan can only toy with your mind as much as you allow him to. God has given us, human beings, the power to reject any lies that are thrown at us. Jesus died so that we can receive truth straight from the throne room of our God, our Heavenly Father.

Reading God's Word and receiving truth may not seem very powerful at first but it is the first step and most powerful weapon you will ever hold. The second step is to believe the truths that are being spoken over you and continually recite them. I have created a list of all these truths and made them available for you in the "Practical Steps" chapter.

Before diving into Scripture it is beneficial to find a quiet space with no one there but you and a Bible. When you're there welcome The Holy Spirit, third member of the Trinity, and let him know you are struggling. Ask Him to reveal moments in your life when you were taught lies about yourself then wait.

**Here is an example of a lie God revealed to me when I went through the process I just mentioned:**

My father left my mother and my mother became very ill I when I was thirteen years old. These two instances led me to believe that God would not fight for me or defend me; therefore, I was responsible for myself. The defense mechanism I adopted was to control whatever I could because no one else was going to take care of me in the areas that I so desperately needed.

During my process of coming to God with my pain He revealed to me that the way a person acts towards me is not indicative of reality. In other words, just because my earthly father walked out on our family and my mother fell prey to raging illness doesn't mean that I am unprotected or unworthy of love. The reality is actually the exact opposite: my Heavenly Father, God, has and will always see me as worth protecting. Because He sees me this way it means that this is what I am, worth loving and worth protecting, worth dying for.

This is the truth for you as well.

Repeat this act of coming to God with your pain and questions. Ask those around you to pray with you and wait to see what He, in His great love for you, will reveal when you take time to be with Him and hear from Him.

Combining forces with a community that is passionate for God and ready to do war with the enemy is also a huge part in seeing victory over an eating disorder. Pray for the right people to surround you at the right time and fight with you but always ask God to learn dependence on Him. Dependence is the most important piece of this journey that you will never let go of, even when you are completely free.

I know this is a lot to cram into one tiny chapter but please bear with me.

Up next, I introduce the first step in this five step process to seeing freedom in your life.

### **The Fight to Freedom: First Step**

**I wish I had known about this first step earlier on in my battle.** If I had, I'm certain the disorder would have been tapping out much more quickly. Nonetheless, I am over the moon thrilled to be sharing it with you now.

To begin this first step, I recommend saying this prayer or another that rings more true to your situation or your heart:

*God, you are willing and able to work in this seemingly hopeless situation, even if my feelings and past experiences tell me that You aren't. Holy Spirit, I welcome you here and ask that You would reveal situations in my life where I was led to believe untruths about myself. Holy Spirit, would you please make those times and situations clear?*

**After asking,** wait. If you don't receive anything do not be discouraged. Wait, wait and keep waiting. Keep asking and being persistent about approaching Him to ask. Please don't give up after the first try or believe you are not going to hear anything. Come to Him with faith, believing that He holds the answers and wants to give them to you because you are His beloved child.

He answered me and fought my battles for me. He is a Mighty Warrior, a defender, who desires to do the same for you.

*"Be strong and courageous. Do not be terrified because of them (the army the Israelites were fighting), for the Lord your God goes with you. He will never leave or forsake you"*

*(Deuteronomy 31:6 ESV).*

When He reveals something to you ask Him to show you where He was in that situation.

**My real-life example:** Lord, when I first learned that my father took off where were you? How did you feel about the situation? Why didn't you stop what my father did to our family?

**His answer to me:** Katie, I was standing right behind with my hand on your shoulder as you stared into that mirror and saw, for the first time, someone you thought was ugly and unlovable. My heart was breaking as I felt yours smash into a million small pieces. My sweet daughter, I did not want you to go through everything you went through but your father was, out of My love, given a choice. Unfortunately, he chose the way that I did not desire for him or for you. The result was devastating but not unredeemable in any sense of the word. I will walk through every part of your healing journey, seeing you to the end. I love you so much Katie.

**Scribble it down:** write down what He has revealed to you then approach Him with the same question come the next day (unless of course He reveals all you need during your first meeting with Him-which would be amazing!)

If you choose to take part in this vital step, the Lord will lead you through this process and bring up a lot of material to work through. I guarantee that you will not be disappointed.

I'm so excited for you!

## Chapter Two

### **The Patterns Seem Impossible to Break: Will I Ever Be Completely Free?**

I remember sitting on the hospital bed staring at my thin legs and thinking “will I ever make it through this? Will I survive? Will my mind ever function normally again?” Dragging myself out of the endless cycle of torment seemed nothing less than impossible for me. All I wanted was for someone to let me know that I was going to make it out alive. The God of the Bible did so much more for me than just allow me to scrap by with life. I made it out of that situation completely victorious and without any scarring left on my mind and behaviors.

I have a question for you, “what does being completely free from this disorder look like to you?”

Please think about this for a moment then hear me out when I say this: “Yes.”

Yes, it is possible to live without the lies that torment your mind both day, mid-day and night. It is possible to treat yourself to ice cream or McDonalds fries and not fear the “consequences”. There will be a day when you do not hate your body and wish to hide yourself away. Whatever your circumstance is, regardless if it’s listed or not, it can and will be remedied. This is only possible because we have a God who is so much bigger than any problem we may face. Trust me, I have experienced Him and you will too.

### **How Long Will It Take for This Freedom to Kick in?**

My journey to freedom took about four years. Four years may seem like a long time but I grew so deeply in empathy for others, my appreciation and relationship with God and a very deep understanding of many different kinds of suffering. These lessons, although they may sound severely unpleasant, have not only benefited me but they have also been a blessing to those around me. Crazy.

Your journey to freedom could take years or minutes. We are all so incredibly different. Rest well in knowing that there is a God who created us and understands us to the very core of our being. We can walk towards freedom knowing that that same God will take care of us up until the end of our lives and into eternity.

## **How Do I Start?**

I was about three years into my healing process when I began to realize the devastating toxicity of the words I spoke over myself and the beliefs that I choose to hold on to. Middle school was the place where I was bombarded with lies about myself. I was told by others that I was fat, ugly and unlovable. I chose to latch onto these ideas and repeat them to myself whatever chance I got. Eventually, just like my mother always told me, my mind froze that way and yes, there were some nasty consequences.

If I had known the importance of the words, I would have started my journey by renouncing negative words that had been spoken over me. I would have also stopped speaking such awful things about myself, even if I was doing it to make light of a situation or to make someone laugh. Knowing what I know now, I ask you to sit down, once again, with Jesus and ask Him to reveal lies you believe about yourself.

In light of all this, here is a great place to start: write the lies God revealed to you on a piece of paper then scratch each lie out as you speak truth over them. If the lie is, “I am ugly” speak out the truth: “I have been fearfully and wonderfully made”. Then scratch out the lie, as violently as suits your purpose. If you are in need of some truths about yourself, I will be providing a list of them in the “practical steps” portion of this book but please keep in mind that this list is not exhaustive. Feel free to Google lists of these truths and or dig deep into God’s Word to mine the diamonds. They are there, I assure you.

Now hang this piece of paper on your wall. Whenever a lie pops up, address it with what you know to be true. Ask God for strength to not give in to the lies. Eventually speaking truth will become habit and the speakers of those lies will know they are no longer welcome.

## **What If I’m Not Ready to Break Free?**

There are many reasons why a person may not want to break free. The rotting cage is familiar, it’s all that the person has known for the longest time. They could be very afraid of the unknown and intimidated by having their security, the disordered patters, taken from them. At least that is how I felt when I was considering giving up my eating disordered patterns. Perhaps this is how you, or someone you know, feels as well.

If this is indeed how you feel, please know that you are not the first nor the last to experience this desire to keep things the way they are. You are also not the first or last to realize that these “comforts” we cling to are slowly killing us. They are destroying us mentally, physically and spiritually.

Remember, the choice to lead a life worth living is up to you. Please know that it is possible to break free. We have a God who is much more mighty than the voices that speak curses and lies over us. Please know that there is a God who came to earth and bore deep stripes in order to heal your heart, body, spirit and mind. What a beautiful reality.

Will you choose to believe His truth and live a life that is worthy of the King who died for you?

## Chapter Three

### I Want to Break Free but... Why Would God Help a Mess Like Me?

Chosen, beloved, hidden in Christ, loved beyond measure, royalty, the King's Son, The King's Daughter, flawless, complete...the list of characteristics that could be used to describe you go on and on like the rhythmic swelling of ocean waves.

Just in case you don't know, when Jesus died on the cross God saw all of our trash on Jesus and, in His holy anger, smote the garbage. Because Jesus, who is God, allowed God (it's a Trinity thing) to take on all our sin and die with it, God forgave every sin that had ever being committed or will ever be committed. This is actually a huge deal and it gets even better. All we have to do is accept Jesus Christ as our Lord and Savior, acknowledge the fact that He died so we could live life to the fullest and welcome Jesus into our lives we are no longer seen as carrying our sin. We are seen as righteous, pure, beloved sons and daughters of the Most High God. I don't know about you but I think that this is CRAZY!

Oh, and to answer this chapter's main question: you are not seen as a mess by the Holy of Holies. You are SO worthy of love and affection because He says you are. The King of all Creation knows you, every little thing about you, and chose to die for you. He does not see you as worthless and not deserving of of love, even if this is how others treat you. What God says of you is truth, what the people around you say...is usually not. People can be used as Satan's mouthpieces to speak death over you. Chose to reject the death and accept fullness of life.

Speaking of life, it is important to know what Jesus says of you and to speak those refreshing words over your soul. Don't believe Satan's lie and repeat them. That being said, "I am a huge, fat mess and no one loves me" should no longer be included in your vocabulary. Instead of dwelling on this falsity, dive deeper into your true identity as the King's child. Start soaking up the truth found in His word and repeat what He says about you over yourself over and over and over again. The more often you do this the sooner you will come to realize the truth and the truth will set you free.

## Chapter Four

### Moving Beyond the Cage: 5 Practical Steps to Freedom

1. **Spend every morning (and or evening) with Jesus.** In our case, it's very beneficial to spend time with Him before and after each meal - I can't emphasize the importance of this step enough to make it sound as important as it really is.

Perhaps you're wondering: how in the world do I do this practically? I'll let you know what my times with Jesus looked like when I was pulling out of the eating disorder (come to think of it, they look almost exactly like they did then as they do now). I would sit in my room with all distractions put away. This could include my phone, computer et cetera. My journal and Bible would be in front of me.

To start, I would address the Lord and write out all the frustrations I had been having with friends, eating disordered patterns, work and school. I would ask Him to show me truth through His word, wait then crack open my Bible. Psalms was and is one of my favourite places to go for answers. The psalms are filled with insight and great wisdom that helped, and continues to help, me through a lot of pain and turmoil.

Scribble down verses that relate to the problems you are having then write down truths about God. Who does He say He is in that particular situation, whatever it might be? He is your protector, provider and comforter. The list goes on for quite some time. Dwell on those truths and ask God to be true to who He says He is in your situation.

Don't forget to be honest with God, don't sugar-coat how you are feeling. He already knows and can handle whatever you have to say to Him, trust me. He will not boycott you for using a naughty word or two.

2. **Keep Reading God's Word** - don't let your inability to find something relevant to your day stop you from reading God's Word. Good gravy, there is so much truth in there! If you are stuck and needing a verse about a certain topic or issue google it! Maybe this isn't the best advice in the world but it has certainly worked for me. When you google a verse

be sure to look into the context of the verse as well. Context meaning, who was speaking and for what purpose were they speaking? Alongside giving you a proper understanding of scripture, this will also help you to understand what the verse is actually speaking to your life.

3. **Retrace the Painful Moments** - I know many people who are willing to skim over their feelings and pretend that all is okay when in fact, all is most definitely not okay. Although this may seem to be the best fit for the moment you must trust me when I say it isn't. Those emotions don't go anywhere. They stick with you and will cause more problems, guaranteed.

What I am about to suggest may seem like a super arduous task but it will be of GREAT benefit to you. Whenever a disabling or unpleasant emotion pops into your mind about eating, the anticipation of food, et cetera I would like you to write that emotion down in a journal. Take time to ask the Lord, "where is this anxiety/fear/anger/grief coming from?" Ask Him what the origins of the feelings are. There will always be an origin. That origin will often stem from feelings of insecurity over a particular part of the body. That insecurity may stem from a place of not feeling valued or believing that value comes from your looks.

When you receive an answer, write it down beside the negative emotion. Find and write a Scripture verse that relates to the truth you will now repeat to yourself (in substitution for the lie).

4. **Do Not Beat Yourself Up** - the process of becoming free from these mindsets could happen overnight. I am a firm believer that all things are possible with God; however, instantaneous healing did not happen for me. Instead, my patterns and habits began to change when the thoughts I had about myself and my circumstance began to change. The more I got to know God, the less convinced I was that I would, as many professionals told me, struggle for life. I choose to cry out to God, learn my identity and the truth from Him

then train the thought processes of my mind with His words. This proved to be incredibly effective for me and will, if you choose to allow it, have the same effect on you.

While I was learning, mistakes would happen, very frequently. If you do slip up, choose to see past the idea that this is a reflection of who you are. What is happening in your life is not a reflection of your identity, the truth about you. Just because you binged, purged or thought something about yourself that wasn't right does not mean that you are not worthy of recovery or that you are a failure. It means that you are human and on the right track to being free from a living hell.

5. **Reach Out (You Aren't Alone...Seriously!)** -pray that God would send people who understand you and are dedicated to your success. On that note, please know that if you are feeling overwhelmed by the lies and or are just needing someone to talk to who understands I am here to listen. I have been through the worst of the worst and understand where you are coming from. I would love to listen to you pray with you or be someone that you can throw any and all questions at. You are not alone.

## The I Believe List

Use this list of four lies and four truths to learn truth and renounce, reject, lies about yourself. Going through the steps I mention with this list have proven to be an effective tool for me. I trust it will be the same for you, even if the lies I have listed are not specific to lies you believe. If they are not specific to what you believe I suggest you go through that list of lies you made earlier then find truths to match up with them. After you have done this, go through the process of asking for forgiveness for believing that lie then soak in the truth, aka: read and repeat the truth.

### I Believe...

#### *4 Common Lies vs 4 Relevant Truths*

Just because we feel a certain way does not mean our feelings are indicative of reality. Please keep this in mind as you address the lies that attempt to bombard you.

**Lie:** *I am not valuable unless I look a certain way.*

**Ask for forgiveness for believing that lie then read the truth.**

**Truth:** you have been fearfully and wonderfully made (Psalm 139:14, NIV). Your true identity is not found in society's definition of beauty and perfection. If you want a satisfying, long life you will learn to turn to God and ask Him to reveal how He sees you. Remember that He has made you for more than what you know you have been made for. Ask Him to help you believe this and don't give up on the asking. If you need something, come to God with it. He gives wisdom generously...if we would only ask.

**Lie:** *No one cares about me.*

**Ask for forgiveness for believing that lie then read the truth.**

**Truth:** even if no one in the entire world gave a rip about you the most important opinion about you would be in favour of you. Allow me to break this down...even if no one accepted you as you were. Even if you did not receive attention in the way that you desired the God who spoke this world into existence would be enthralled by you. He would be, and is, totally enraptured by you. It may seem silly but in all actuality, nothing could matter more.

**Lie:** *I am nothing more than a disappointment.*

**Ask for forgiveness for believing that lie then read the truth.**

**Truth:** perhaps you have allowed yourself to believe the lie that you are a disappointment and worthless because you have not reached yours goals and achieved your dreams. It is important to take notice of the fact that this assumption is based on the idea that your actions dictate your worth. Please understand that your actions **DO NOT** dictate your worth. Just because you have been caught in eating disorder tendencies and or self hatred for so long does not mean that you are a disappointment to God. God, the only One whose opinion truly matters in the end.

**Lie:** *I will never be set free.*

**Ask for forgiveness for believing that lie then read the truth.**

**Truth:** really? The old snake is trying to bring that one up again? Use this verse to smash down his pitiful argument, “so if the Son sets you free, you will be free indeed.” (John 8:36, NIV)

Or this one, “for freedom Christ has set us free; stand firm therefore, and do not submit to the yoke of slavery.” (Galatians 5:1, NIV).

Or this one, “now the Lord is Spirit and where the Spirit of the Lord is there is freedom.” (2 Corinthians 3:17, NIV).

## Conclusion

**On that note**, I would like to conclude with a verse for you and or anyone you encounter who may be battling an eating disorder. This scripture was the first one the Lord used to draw my heart back to His again. It means more to me today than it ever has. I know it will mean much to you as well.

*“Whoever dwells in the shelter of the Most High  
will rest in the shadow of the Almighty.  
I will say of the Lord, ‘He is my refuge and my fortress,  
my God, in whom I trust.’*

*Surely he will save you  
from the fowler’s snare  
and from the deadly pestilence.  
He will cover you with his feathers,  
and under his wings you will find refuge;  
his faithfulness will be your shield and rampart.*

*You will not fear the terror of night,  
nor the arrow that flies by day,  
nor the pestilence that stalks in the darkness,  
nor the plague that destroys at midday.*

*A thousand may fall at your side,  
ten thousand at your right hand,  
but it will not come near you.*

*You will only observe with your eyes  
and see the punishment of the wicked.*

*If you say, ‘The Lord is my refuge,’  
and you make the Most High your dwelling,  
no harm will overtake you,  
no disaster will come near your tent.*

*For he will command his angels concerning you  
to guard you in all your ways;*

*they will lift you up in their hands,  
so that you will not strike your foot against a stone.  
You will tread on the lion and the cobra;  
you will trample the great lion and the serpent.  
‘Because he loves me,’ says the Lord, ‘I will rescue him;  
I will protect him, for he acknowledges my name.  
He will call on me, and I will answer him;  
I will be with him in trouble,  
I will deliver him and honor him.  
With long life I will satisfy him  
and show him my salvation.’”*

*(Psalm 91: 1-16, NIV)*

As I said earlier, please do not hesitate to contact me. I am here to listen if you are struggling and in need of a caring/understanding friend or if you would to ask me questions about my experience. I accept your prayer requests and am also very open to hear your suggestions as to how this e-book could be of even greater benefit to you and/or others in the future.

In order to get in touch please visit me at my website, [katiepezzutto.ca](http://katiepezzutto.ca), and send me a message via my “contact” page.

**With much love, care and dedication to your journey towards a life of complete freedom,**

*K.L Pezzutto*