

MY PERSONAL RECOVERY STORY

The Addict in Aisle 7

How I Met Myself and God Through my Body



Some people think that alcoholism, bulimia, or anorexia is a choice. And it is a choice. Choice is a neural pathway in the brain that all of us have access to at any point. However, to make different choices, we have to have the capacity to evaluate the choices we're making. At that time, I was unable (actually unable) to travel the mental pathway to get to anything resembling choice, because I simply didn't have the capacity to review myself and my situation.

Alison Haase

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We only know what we view through our own lens. If, when looking at myself, I have broken lenses that distort my body image, then unless I've learned how to look at my lenses, I don't know that I'm looking through the lens. I couldn't see anything but trash. It makes my heart hurt to remember how shrunken I thought I had to be to fit into my own life.

Alison Haase

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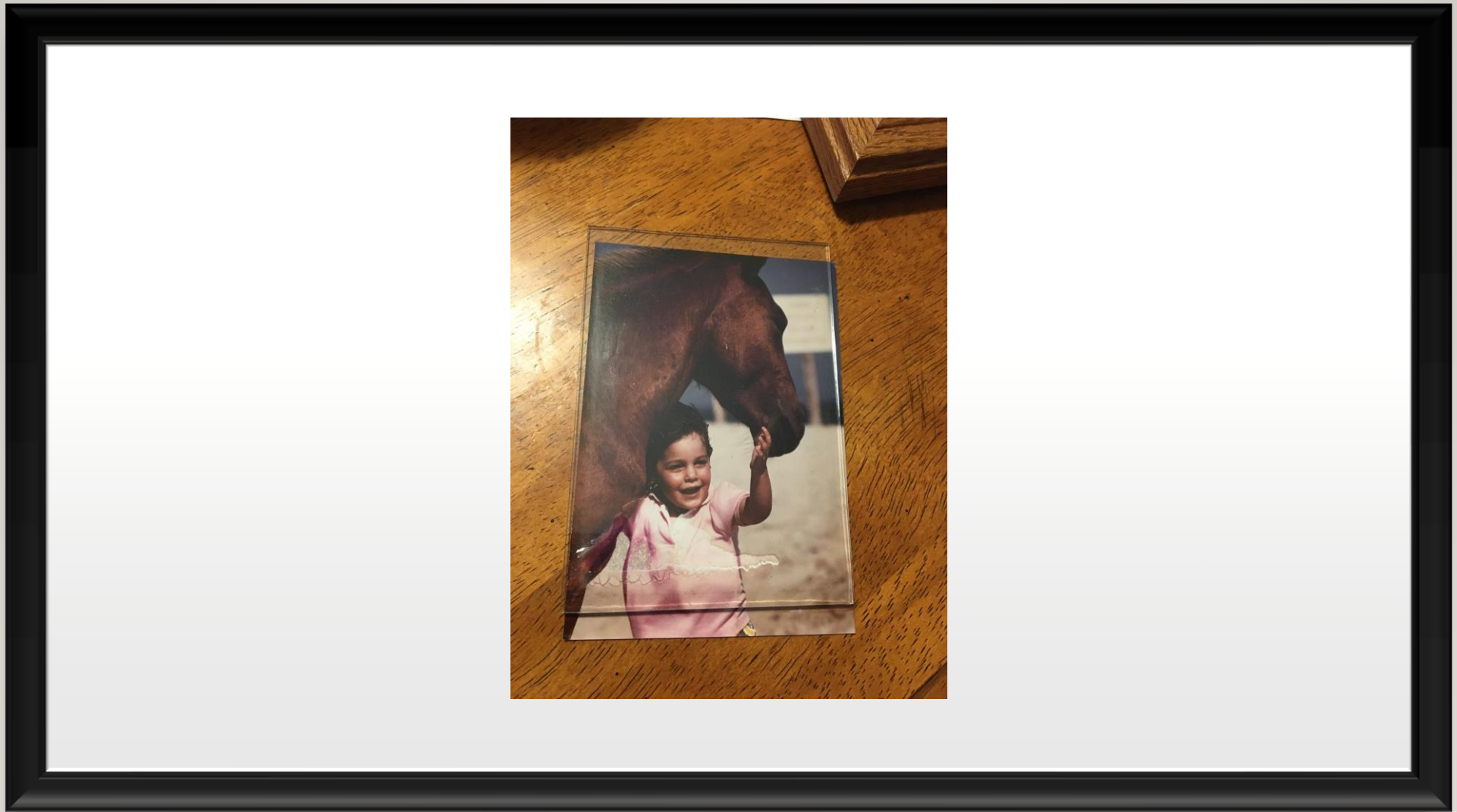


God is a much easier word to relay my fundamental belief that our Universe is operating on the same energetic frequency, that we are all connected to one another through a force greater than that which we will ever understand, a love so abundant that anyone can have it- if they choose. That's God, to me.

Alison Haase

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I am going to use the word disease. It has been easier for me to utilize the word disease to describe everything my mind does to try and escape itself. Some people would refer to it as the ego, a lower power, the demon. I have found using this word to be the easier, softer way because it helps me to stop having so many things to fight. Calling each little affliction by a unique term that has to be fixed is exhausting, and I can't do it anymore.

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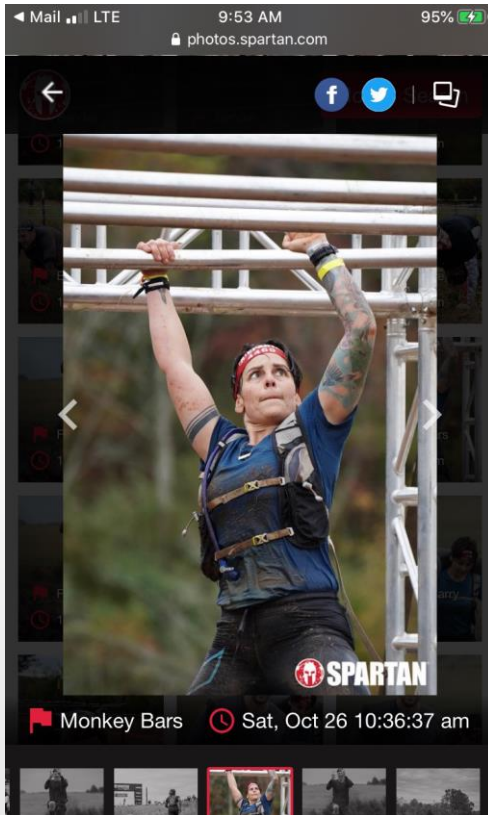
IT TOOK ME A LONG TIME TO CONSIDER MYSELF AN ATHLETE, AS I HAD ALWAYS PICTURED SOMEONE WITH SPONSORSHIPS, 12-PACK ABS AND RIPPED ARMS. AS IT TURNS OUT, I AM AN ATHLETE BECAUSE I CALL MYSELF ONE, NOT BECAUSE I AM SPONSORED BY NIKE OR SPORTING A CERTAIN BODY TYPE.

NOURISHING FOOD THAT BRINGS ME LIFE

I CANNOT EAT JUST ANYTHING.
I DO NOT EAT DESSERT. DESSERT
IS LIKE HEROIN. ONCE I START I
CAN'T STOP AND IT'S
IMPORTANT TO HONOR MY
TRUTH.



MOVE IN A WAY THAT BRINGS YOU JOY



- I am an athlete. I am competitive. I love challenging myself physically. I respect my body for her work capacity and strength and I fuel her appropriately. I have a team to help me do this and to stay accountable and out of my own way.

THE ADDICT IN AISLE 7



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(AND MYSELF)
THROUGH MY BODY

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