

My First Time

One group member shares her story about pushing through the discomfort of attending groups for the first time and how it gets easier each time.

Coming and just getting to Sheena's Place was very difficult but there was nothing left to do and nowhere else to go. Opening the door and entering, I felt very anxious, ashamed, scared and uncomfortable. The staff made me feel normal, not like a person with an eating disorder. Being in a group session with strangers was extremely awkward and uncomfortable because this is such a private battle. After the first time, I felt really drained because facing this monster is an intense, life changing thing. I was glad the first session was over but at the same time, I wanted to run away and never go back. Going back the second time was even harder but I forced myself to go. The second time, I was more relaxed, not so distracted with negative thoughts, and more focused.

By the third session, things got easier. I felt less ashamed, better, comfortable and more open to expressing my feelings. Hearing someone next to me say thoughts that I had locked in my head is profoundly healing. I felt less alone being around others with the same problem, who understood. By hearing other people's thoughts, it's easier to be open. It's an exchange of trust. Attending the Friday morning support group has been the best experience for me and an integral piece of recovery. It has truly changed my life for the better. I am so grateful that Sheena's Place exists. Sheena's Place has helped guide me on my healing journey. Sheena's Place is an uplifting, hopeful place.