

For Loved Ones: How to Have a Conversation with Someone and Their Eating Disorder

AVOID	USE
<p>Assumptions</p> <p>Ex) “You have an eating disorder.”</p>	<p>Affirmations</p> <p>Ex) “I am here to love and support you.”</p>
<p>Using “you” and “we” statements</p> <p>Ex) “Don’t you see how bad you’re becoming?”</p>	<p>“I” statements</p> <p>Ex) “I’m concerned for you.”</p>
<p>Placing blame or criticism on any individual</p> <p>Ex) “You’re just being dramatic.” “Why are you doing this to me?”</p>	<p>Remain patient and offer encouragement</p> <p>Ex) “I may not understand what you are going through, but I’m so proud of you for fighting this.”</p>
<p>Focusing on appearance</p> <p>Ex) “You look too thin.”</p>	<p>Focus on personality traits</p> <p>Ex) “You make me laugh like no one else does.”</p>
<p>Becoming their therapist</p> <p>Ex) Being their only source of support enables them from getting professional help.</p>	<p>Encourage seeking treatment</p> <p>Ex) “I want someone who is properly trained to help too, so that you can get the best treatment possible.”</p>
<p>Neglecting your needs</p> <p>Ex) Losing sleep. Missing doctor’s appointments. Using all of your energy on another person.</p>	<p>Take care of yourself</p> <p>Ex) Breathe. Go to a movie. See a therapist for yourself. Focus on what YOU need.</p>