Caring for a Loved One With

An Eating Disorder

WOMS 230 / NIU / Action Research Project

**Do**

* Be gentle but firm
* Talk openly and honestly
* Try to make yourself available
* Be honest about your own fears, struggles, and frustration
* Take time to listen
* Express your love and support
* Remember that an eating disorder is not about the food
* Avoid conflicts and battles of will
* Know your limits and respect them

**Don’t**

* Try to be a therapist
* Be afraid to upset them; communicate
* Ignore; they need truth
* Be taken in by lies and excuses
* Offer simple solutions (just eat?!)
* Blame, shame or guilt
* Threaten them with consequences
* Gossip about what they share
* Use “you” statements; they sound accusatory
* Expect an instant recovery
* Try to force someone to eat or stop exercising
* Pretend it will just go away

For more information

Visit: www.anad.org

