



Sharing Concerns About Your Eating Behaviors

ESTABLISH A SAFE ENVIRONMENT

- Identify someone whom you trust and feel comfortable talking to. Family and friends can be wonderful, supportive resources, but if you're concerned about your eating behaviors, it is advisable to also speak with a professional.
- Whether you decide to speak with a professional or a loved one (or both), set aside a specific time with that person so you can discuss your situation.
- Both before and during this conversation, it is common to experience a range of feelings including fear, shame, anger, embarrassment, or nervousness. To keep up the courage to talk about what you're going through, remember that you are doing the right thing.

EXPLAIN THE SITUATION

- Explain the thoughts and feelings that you are experiencing and the behaviors you have developed.
- It is important to keep in mind that the person you have confided in may not completely understand exactly how you are feeling or the reasons for your behavior.
- Be patient and remain calm. Remember that they may not automatically know the best way to respond and support you, but you can help them learn.

EDUCATE WITH THE FACTS

- Give the person you confide in some information regarding the prevalence of eating disorders and tips for how to best support somebody who is struggling with food, weight or body image issues.
- Share facts with them that include the physical and emotional effects of eating disorders, along with the steps involved in recovery.
- Let this person know how they can help and what you need, and keep them informed as your needs change throughout your recovery process.

Reaching out to the people who care for you and want to help you get better can be the first step towards recovery and getting the support that you need.