

READY TO SHARE CONCERNS ABOUT A LOVED ONE?



Taking time to process and express concerning signs that you've noticed can help you have a conversation with your loved one about your worries. The goal is to convey care and concern, validate their experience, and assist them in getting help. Here are some prompts that can help you convey your concerns:

TIP: USE "I" STATEMENTS TO EXPRESS OBSERVATIONS IN A NON-ACCUSATORY MANNER. FOR EXAMPLE: "I HAVE NOTICED THAT YOU AREN'T JOINING US FOR DINNER ANYMORE AND I'M CONCERNED." INSTEAD OF "YOU'RE NOT EATING."

WHAT SPECIFIC BEHAVIORS HAVE YOU NOTICED THAT ARE CAUSING YOU CONCERN?

(EX. COMMENTS, CHANGES AROUND EATING AND EXERCISE HABITS)

FROM YOUR OBSERVATIONS, HOW HAVE THESE CHANGES IMPACTED THEIR LIFE?

(EX. SOCIALLY, AT WORK, OR AT SCHOOL)

WHAT STEPS ARE YOU WILLING TO TAKE TO PROVIDE THE NECESSARY SUPPORT DURING THIS CHALLENGING TIME?

(EX. TALKING TO ANOTHER LOVED ONE, HELP SEARCH FOR RESOURCES OR TREATMENT)

TAKE A MOMENT TO GROUND YOURSELF. AFTER LEARNING ABOUT EATING DISORDERS AND THE MYTHS, WHAT ARE THINGS YOU'RE GOING TO AVOID SAYING TO HELP REMOVE THE STIGMA?
