

# Suggestions for Family and Friends

**Do** talk honestly about your thoughts and feelings.

**Do** encourage her to eat properly.

**Do** encourage her to accept support and honestly express her feelings.

**Do** help her find the help she needs.

**Do** recognize that non-food issues are at the heart of the matter.

**Do** express your love and support

**Do** try to understand even though this seems impossible.

**Do** realize that she is terrified of gaining weight and being fat even though she may actually be underweight.

**Do** take time to listen to her fears even if they seem irrational to you.

**Don't** place the blame on anyone.

**Don't** be afraid to talk about problems.

**Don't** pretend it will just go away.

**Don't** walk on eggshells around her.

**Don't** expect an instant recovery.

**Don't** minimize the seriousness of the problem.

**Don't** become the food police yet don't look the other way when she is symptomatic.

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