

### RECOMMENDED DO'S

- Become knowledgeable about the complexity of eating disorders, including triggers, coping skills, and what is involved in the recovery process.
- Express concern for your loved one, and your wish to be supportive, ask them how you can be most helpful.
- Be patient and nonjudgmental.
- Ask how he/she is feeling; be a compassionate and reflective listener.
- Talk with the person during a time when you are able to be calm and attentive, not frustrated or angry.
- Be flexible and open with your support.
- Compliment the person's personality, successes and accomplishments.
- Allow your loved one the opportunity to develop his/her own thoughts, beliefs and identity.
- Talk about topics other than food and weight.
- Get involved: contact professionals (primary care physician, therapist) and support groups.
- Consider your own relationship with food or weight. If it is not a healthy one, find help for yourself, as this will model and support your loved one's efforts at recovery.
- Remember that eating disorders are not a conscious choice.

### RECOMMENDED DON'TS

- Initiate or engage in discussions focused on diets, food, weight or appearance.
- Make critical comments about your body or anyone else's body.
- Accuse, place blame, or cause feelings of guilt.
- Demand weight changes.
- Make threats or punish your loved one for their eating disorder behavior.
- Offer more help than you are qualified to give.
- Take your loved one's actions personally.
- Force him/her to eat everything at a meal.
- Label foods as "good" or "bad."
- Become critical of your loved one's recovery.
- Belittle eating disorder behavior or the challenges posed in the recovery process.