

## What should I say?

### Tips for Talking to a Friend who may be struggling with an eating disorder

- Express your concerns in a loving and supportive way
- Discuss your worries early on, rather than waiting until your friend has endured many of the damaging physical and emotional effects of ed.
- In a private and relaxed setting, talk to your friend in a calm and caring way about the specific things you have seen or felt that have caused you to worry

### What to say – step by step

- **Set a time to talk.** Set aside a time for a private, respectful meeting with your friend to discuss your concerns openly and honestly in a caring and supportive way. Make sure you will be some place away from other distractions.
- **Communicate your concerns.** Share your memories of specific times when you felt concerned about your friend's eating or exercise behaviors. Explain that you think these things may indicate that there could be a problem that needs professional attention.
- **Ask your friend to explore these concerns with a counselor,** doctor, nutritionist, or other health professional who is knowledgeable about eating issues. If you feel comfortable in doing so, offer to help your friend make an appointment or accompany your friend on their first visit.
- **Avoid conflicts or a battle of the wills** with your friend. If your friend refuses to acknowledge that there is a problem, or any reason for you to be concerned, restate your feelings and the reasons for them and leave yourself open and available as a supportive listener.
- **Avoid placing shame, blame, or guilt** on your friend regarding their actions or attitudes. Do not use accusatory "you" statements like "You just need to eat" or "you are acting irresponsible". Instead, use "I" statements. For example, "I am concerned about you because you aren't eating breakfast or lunch" or "It makes me afraid to hear you vomiting".
- **Avoid giving simple solutions.** For example, "If you'd just stop, then everything would be fine".
- **Express your continued support.** Remind your friend that you care and want your friend to be healthy and happy.

After talking to your friend, if you are still concerned with their health and safety, find a trusted adult or medical professional to talk to. This is probably a challenging time for both of you. It couple be helpful for you, as well as your friend, to discuss your concerns and seek assistance and support from a professional.