

Name \_\_\_\_\_

## Helping a Friend Shine: Supporting Someone with a Possible Eating Disorder

### Multiple Choice Questions

1. What is the first step in helping a friend with a possible eating disorder?
  - a) Offering ultimatums
  - b) Listening actively
  - c) Avoiding the conversation
  - d) Making assumptions
  
2. What should you avoid discussing around a friend with a possible eating disorder?
  - a) Topics related to hobbies
  - b) Conversations about mental health
  - c) Dieting, weight loss, or body image
  - d) Any personal experiences
  
3. Why is it important to avoid making demands or ultimatums when helping a friend with an eating disorder?
  - a) Demands help speed up the recovery process
  - b) Ultimatums prevent relapses
  - c) Making demands can strain the friendship
  - d) Ultimatums show you care deeply
  
4. What is a crucial part of supporting a friend in their recovery from an eating disorder?
  - a) Offering quick solutions
  - b) Being impatient with their progress
  - c) Consistently providing support and understanding
  - d) Avoiding discussions about the topic
  
5. What should you do if you suspect a friend has an eating disorder?
  - a) Ignore the signs and wait for them to seek help on their own
  - b) Express concern, listen actively, and encourage them to seek professional help
  - c) Make jokes about their eating habits to lighten the mood
  - d) Share your own experiences with eating disorders

