Name _____

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

Short Answer

1. What are some signs that may indicate a friend has an eating disorder?

2. Why is it important to approach your friend with care and empathy when discussing their eating habits?

3. How can you encourage your friend to seek professional help for their eating disorder?

4. What is the significance of avoiding triggering conversations around your friend with a possible eating disorder?

5. Why is being patient and understanding essential when supporting a friend in recovery from an eating disorder?

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