

Name \_\_\_\_\_

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

### Open-Ended Response Questions

1. Describe the steps you would take to approach a friend whom you suspect has an eating disorder and initiate a supportive conversation.
2. Explain the potential consequences of making demands or ultimatums when trying to help a friend with an eating disorder.
3. Share your thoughts on the importance of consistent support and understanding in a friend's recovery journey from an eating disorder.
4. Discuss the role of self-care and self-compassion in supporting a friend with a possible eating disorder and promoting their overall well-being.

