

Name _____

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

Short Answer Key

1. Signs that may indicate a friend has an eating disorder include changes in eating habits, obsession with body weight and shape, secretive behavior around food, and emotional distress related to food and body image.
2. Approaching your friend with care and empathy is important because it creates a safe and nonjudgmental environment that encourages open communication. It helps your friend feel understood and supported rather than criticized.
3. You can encourage your friend to seek professional help by providing information about eating disorders and available resources, expressing your concern, and offering to assist them in finding a healthcare provider or therapist.
4. Avoiding triggering conversations is significant because discussions about dieting, weight loss, or body image can exacerbate the emotional distress of a friend with an eating disorder. Creating a safe space helps protect their mental and emotional well-being.
5. Being patient and understanding is essential because recovery from an eating disorder is a challenging and often lengthy process. Setbacks may occur, but consistent support and understanding can make a positive difference in your friend's journey to recovery.

