

*the RECOVERY Box*

# TRIGGER AWARENESS

EXERCISE FOR ENCOURAGERS

*when you want to say:*

"There's no way you could have an eating disorder- you're too thin/too fat/within a 'normal' weight range"

"You've been eating so healthfully lately"

"Just eat."

"You look like you've been working out"

"Oh, so you're actually going to eat today?"

"You look really great!"

"Did you really eat all of \_\_\_\_\_"

"Have you considered going on a diet?"

"When do you think you'll be cured from your eating disorder?"

*try this instead:*

"Your struggles are valid no matter how much you weigh. Can I help you find someone to talk to?"

"Have you tried any new foods you've really liked recently?"

"Recovery can be really difficult. How can I support you in it?"

"Isn't it amazing how much our bodies can do for us?"

"How have you been doing in your recovery?"

"You look really happy!"

"Is everything ok? Do you want to talk?"

"You are perfect exactly as you are"

"Recovery is a long journey and know that I will be by your side no matter how long it takes"