

# SUPPORTING SOMEONE WITH AN ED



SHEENA'S PLACE  
Support for eating disorders



**You don't need perfect words. What matters most is:**

- Being calm, consistent, and non-reactive
- Listening more than fixing
- Reducing shame, pressure, and control battles
- Staying connected even when things feel stuck



**Eating disorders are not about food alone**—they often involve anxiety, control, self-worth, and emotional overwhelm.

## 1 Around Food

**INSTEAD OF THIS..**



**TRY THIS**

"Just eat something."



"I'm here with you."

"That's not enough."



"Would it help if I sat with you while you eat?"

"You're making me worried."



"We can take this one step at a time."

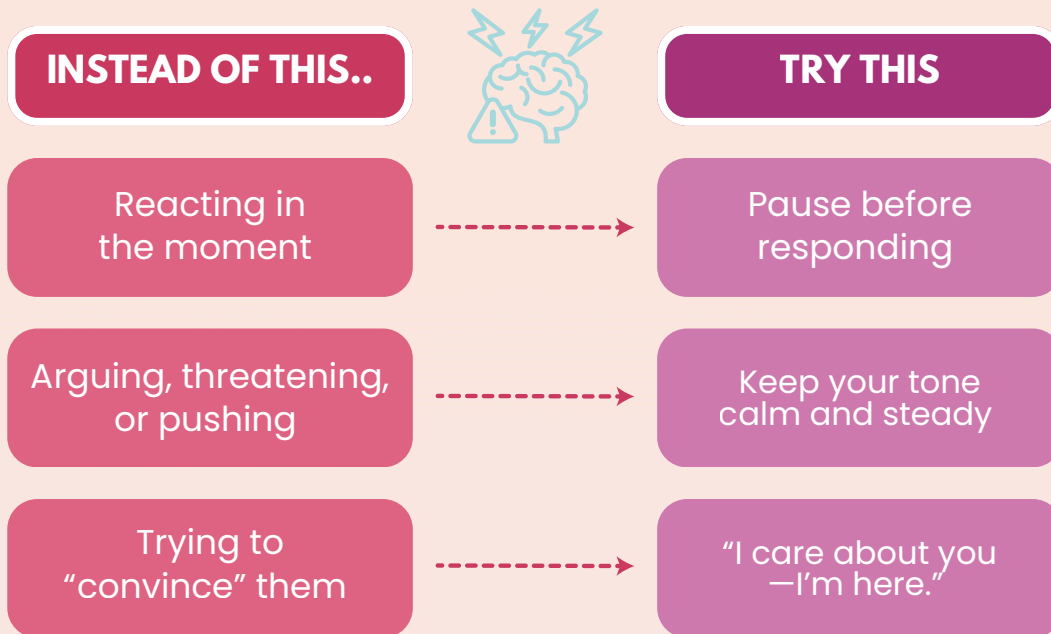
## 2 Body Image Talk



## 3 When They're Anxious or Refusing Food



## 4 When You Feel Scared or Frustrated



## 5 Encouraging Recovery



### Important Truths ✨

- You cannot "fix" this through the right words alone
- Consistency is more powerful than intensity
- Silence and presence can be supportive
- Progress is rarely linear
- Your relationship matters more than perfection
- You don't need perfect words.

**Calm, consistent, and caring go further than saying the "right" thing.**