



### Golden Guidelines

**Number One – Look after yourselves first.** An exhausted carer cannot be an effective carer. Regularly review your “time out”, things that help you relax, get you out in the fresh air, make you laugh etc. Also consider your own support network. When friends or family offer help, accept it graciously and give them a specific task. So often people want to help but don’t know how. By looking after yourselves you are role modelling that self-care is very important and that there is more to life than the eating disorder.

**Number Two – Remember your loved one is ill.** This is not a lifestyle choice or a teenage fad. Your loved one is not doing it on purpose. Be an informed carer and learn the warning signs that your loved one might be in medical danger and know what to do if things are deteriorating fast. When medical risk is high be prepared to step in and take over. Remember Nigel’s comment that a BMI of under 15 seems to represent a real tipping point when the eating disorder has a really strong grip. When medical risk is back in safer territory you can step back and let your loved one gradually take more responsibility for their own welfare. Remember Nigel’s expression “Do with your loved one” rather than “Do unto your loved one”

**Number Three – Remember that the eating disorder has a purpose.** (Control, safety, my friend, I am good at this, I don’t have to grow up, I get lots of attention, it is my identity etc). There is a great saying “every behaviour has a positive intention”. If you just take away the eating disorder you risk leaving a void. Recovery is a very gradual process in which your loved one will learn to adopt their own new healthier coping strategies.

**Number Four – Try not to focus all your attention on the eating disorder behaviours.** Your loved one is still there, just being masked at the moment by the power of the eating disorder. Try to notice your loved one and her attempts to fight back against the eating disorder. Notice the smallest effort to make changes and try not to show your disappointment when there are setbacks. These are an inevitable and important part of the recovery journey. “Every mistake is a treasure”

**Number Five – Do not try to fix your loved one.** The danger is you end up arguing with the eating disorder voice and you are unlikely to win that argument. As a first step consider how you might make small changes to your own responses to the eating disorder behaviours. Are you being bullied by the eating disorder voice, are you accommodating or enabling some of the eating disorder behaviours? Most of us do this to start with because we fear that not doing so might make things worse and we want to keep the peace. Gradually making small changes to your own caring behaviours can have a significant positive impact on family life and role models that change is possible.

**Number Six – Support your loved one, sometimes with comfort, sometimes with gentle challenges.**

Double check every now and then: “Am I comforting the person or the illness?” Once your loved one is ready you can help them to make plans and set realistic goals. If you try to push for change too quickly this can bring out the eating disorder voice. If you try to offer assistance and it is rejected, don’t be disheartened, it might just be too early. Be Columbo and take the step-down approach. “Help me understand” “I am curious to know” “Have I got this wrong”



'be the best you can be'

Telephone - 0845 5274809

Email - [enquires@therapypartners.co.uk](mailto:enquires@therapypartners.co.uk)