



How to Talk To a Friend or a Loved One About Eating Concerns

- **LEARN** as much as you can about eating disorders.
- **REHEARSE** what you want to say.
- Set a **PRIVATE** time and place to talk.
- Be **HONEST**.
- Use **“I”** statements.
- Stick to the **FACTS**.
- Be caring, but be **FIRM**.
- **REMOVE** potential stigma.
- **AVOID** overly simplistic solutions.
- Be **PREPARED** for negative reactions.
- **ENCOURAGE** them to seek professional help.
- **TELL SOMEONE**.