

# HOW TO HELP A FRIEND DISORDERED EATING

**ZAGS**  
=help=  
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## NORMAL

- Eat more on some days, less on others
- Eat some foods just because they taste good
- Have a positive attitude towards food
  - Over/under-eat occasionally
  - Change eating habits to get healthy
  - Crave certain foods at times

VS

## DISORDERED

- Binge eating
- Excessive eating
- Skipping meals regularly
- Self-induced vomiting
- Obsessive calorie counting
- Self-worth based on body shape or weight
- Misusing laxatives or diuretics

## WHEN TO REFER

- Underweight, emaciated appearance with protruding bones or a sunken appearance to the face
  - Refusal/denial of hunger
- Noticeable scarring on the back of hand/fingers
  - Excessive exercise
- Frequent bathroom trips after eating

## WHAT TO SAY

- Be honest! Talk openly with the person
- Avoid placing shame, blame, or guilt. Do not use accusatory "you" statements such as, "You just need to eat."
- Instead, use "I" statements. For example: "I'm concerned about you because you refuse to eat breakfast and lunch." Or, "It makes me afraid to hear you vomiting."
- Remind your friend that you care and want them to be healthy
  - Model sensible eating, exercise, and self-acceptance
- Remember that you cannot force someone to seek help, change their habits, or adjust their attitudes

## WHERE TO REFER

  
**GONZAGA**  
Center for Cura Personalis  
509-313-2227

The Emily Program  
emilyprogram.com  
888-364-5977

Health & Counseling  
Services  
704 E Sharp Ave.  
509-313-4052