

## **Worksheet 2.2: Considering ambivalence with a focus on the benefits gained from an ED**

It often seems to carers that their loved one is stuck in a hole using the same tools over and over again that caused the problem in the first place. This can be difficult to understand.

### ***Brainstorm individually or as a group***

Imagine for a moment that you are your loved one. You are not ready to let go of your eating disorder behaviours. You feel nobody understands you and you probably feel nobody is listening to you. What would you say are the benefits of holding on to your eating disorder?

If something gave you similar benefits would you really want to give it up without a fight?

This exercise can help you to develop an appreciation of Edi's ambivalence about change. While the ED has negative longer-term consequences, it is Edi's coping strategy that currently has many immediate short-term benefits.