

## Worksheet 2.9: Externalising the illness, part three: visual exercise

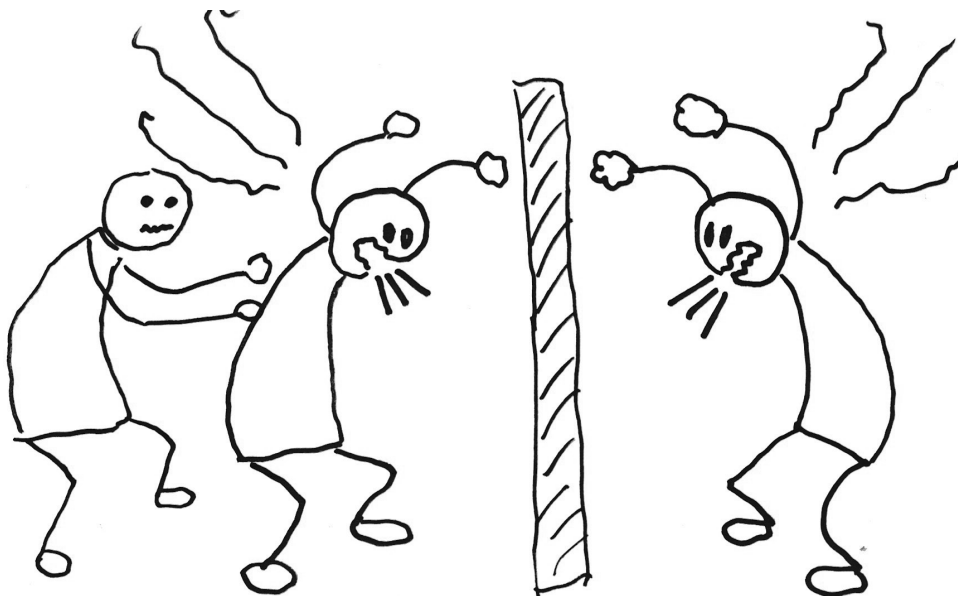
### Scenario

Imagine that Jane, age 16, and mum, Maria have had a huge fight and Jane has run to the bathroom screaming 'I hate you, I hate myself, you would all be better off without me!'

Mum has run after her and is now banging on the bathroom door shouting and screaming 'let me in, unlock this door now or I will break it down'. Jane is now screaming even more loudly back.

Dad has rushed upstairs and is trying to calm Mum down and pull her away.

The image might look something like this:



**Figure 2.10** Carers often get trapped into the furious arguments with the eating disorder voice

Who do you think mum is engaging with at this moment? Is it Jane the person or the illness?

Where might Jane the person be and how might Jane the person be feeling? How could Mum engage more with Jane and less with the illness in this scenario?

Think up some useful phrases that Mum might use.

This exercise can help you to visualise the concept of engaging with your loved one, and not being caught up engaging and arguing with their illness.