

Worksheet 3.2: Which 'animals' does Edi interact with at home and outside the home?

How do other family members or friends respond to Edi? Do they display any of these types of responses?

For key family members and close friends score everyone out of 10 for each animal. What works well and what doesn't work so well?

Anyone within the herd of elephants can be bullied by the ED voice and become critical and argumentative in an attempt to fix Edi.

In contrast a calm, consistent and compassionate carer response can really help to dampen down the power of the eating disorder voice.

Note: in the early stages of the recovery journey it might be advisable to keep some family members and friends at arm's length.

A key part of the later stages of recovery is for Edi to learn to cope with unexpected events and to tolerate the discomfort when close others say thoughtless or insensitive things.