

## Worksheet 3.3: Considering how Edi responds to the animals

Consider how Edi might respond to these scenarios:

**Table 3.2** Edi responses to the different animal caring styles

Carer	Edi
Ostrich 'It is a passing phase.'	
Jellyfish 'Can't you see how upsetting this is for me?'	
Kangaroo 'Let me do everything for you and make all the difficult decisions.'	
Rhino 'You know you need to eat more.'	
Terrier 'You used to love lasagne, it was your favourite, I made it especially.'	
Dolphin 'Let's take one step at a time. We agreed this with the care team and I know it is really hard. You are so determined and brave and we are right behind you.'	
St Bernard 'We love you unconditionally and will be here for you whatever your ED throws at us.'	
Herd of elephants	

- Brainstorm in small groups what are the pros and cons of living with one jellyfish parent and one ostrich parent, for instance. Make up any combination of the animals including the dolphin and the St Bernard.
- Make a plan of small behaviour changes that might happen to enhance the empathy and compassion for Edi from each family member. Remember baby steps.
- Develop a group role play scenario to practice these maintaining behaviours.

Practising these concepts through discussion and role play will provide a fun thoughtful way to move into Edi's shoes when Edi has to respond to others. It is only when we are prepared to change our own behaviours that the other person will change their behaviour towards us.