

Worksheet 5.5.3: Recovery journey challenges – pauses and lapses

Carers often face phases when their loved one has made a great deal of progress and is now adamant that she is better. She may be at a very low weight while she continues to be very successful in some aspect of her life. This might be exams, work, sport, music, dance, drama, etc. She is achieving a great deal, but you are worried that she is not better and that the ED could rear its ugly head at any stage. Eating disorders often emerge and/or re-emerge at key times of transition and when stress levels are raised for whatever reason.

Suggested framework for carers

The following list of questions provide a useful framework when you find yourselves in this situation:

1. What stage of change is Edi at?
2. Construct a pros and cons of change chart for Edi (decisional balance).
3. What stage are you at?
4. Use the Nutritional Risk Ruler to open up a conversation with Edi regarding nutritional health.
5. Use solution-focused questioning (SFQ) to consider the options you have and Edi has.
6. Use SMART planning to choose a specific challenge to work towards.
7. How does LESS is more apply in this scenario?
8. Construct a conversation between yourself and Edi using OARS, ALVS and/or DEARS.

Any or all of the questions could be applied to any scenario that you are facing.

Try not to forget that Edi has made so much progress. This can be a time to review and reflect on the challenges of recovery and acknowledge how far your loved one has come.

Remember that you are only human and sometimes you need to take a break too. This can be a good time to review your support network and herd of elephants and ship in any outside help that is on offer.