

Worksheet 7.1.1: Simple reflection exercise

Carers can become totally consumed with their caring role, to the detriment of their own self-esteem and identity. This exercise is designed to illustrate the extent to which this has happened.

Working in pairs introduce yourself to another carer that you haven't met before. Five minutes and then swap.

Then reflect back to each other – what was the main focus of the conversation? How different would it have been if you were not caring for someone with an eating disorder?

This simple exercise can help you to start to try to think about yourselves more.