

## Worksheet 7.4: Accommodating scenario – using OARS and the ABC model

The ABC model of behaviour is used within the New Maudsley method to consider how a behaviour (Edi or carer) can usefully be broken down and perhaps changed for the better. Behaviour never happens in isolation, there is always something that causes it and something that happens as a consequence. Accommodating is supporting the person carry out their eating disorder behaviours.

Use one of the caring scenarios from the group or use this scenario:

Jasmine is managing her re-feeding plan really well and accepts that other family members don't need to eat exactly the same as her, because she understands she needs to eat more than them to regain a healthy weight. However, she has recently taken to making a pudding every evening and insists that everyone in the family has a portion. The rest of the family are feeling bullied by this as they would not normally always choose to have a pudding.

Ask for small groups to work on these tasks and then facilitate a group discussion.

- Using the ABC model write down as many things as you can think of about the possible antecedents and consequences of your accommodating caring behaviour

**Table 7.10** Blank functional analysis ABC table

Antecedent	Carer behaviour	Consequence
		<b>A vicious cycle ensues</b>
		

- Consider any ways you might break out of or interrupt this cycle. Create a menu of options, being as creative as you can.
  
- Use OARS to construct a conversation with Jasmine around the changes you are planning to try out, showing empathy for the discomfort this may create for Jasmine.

Open questions

Affirmations

Reflections

Summary

Any change in behaviour is likely to be uncomfortable both for the carers and Edi. The longer-term benefits can far outweigh the short-term discomfort. The idea is that both carers and Edi learn to tolerate the discomfort they will inevitably feel when trying new things. The family needs to be role modelling that they can make changes and be flexible. At the same time the family can demonstrate compassion and acknowledge that Edi might find this difficult to start with.