

# 20 THINGS NOT TO SAY

## TO SOMEONE WITH AN EATING DISORDER

**YOU DON'T LOOK LIKE YOU HAVE AN EATING DISORDER.**

**I WISH I HAD AN EATING DISORDER.**

**I WISH I HAD YOUR SELF-CONTROL.**

**THAT'S GOOD, IT MEANS YOU'RE DISCIPLINED.**

**JUST EAT MORE.**

**JUST EAT LESS.**

**JUST STOP BINGEING.**

**REMOVE THOSE FOODS FROM YOUR HOUSE.**

**YOU LOST WEIGHT, YOU LOOK SO GREAT.**

**HAVING AN EATING DISORDER IS GROSS.**

**MAYBE IT WILL HELP YOU LOSE WEIGHT.**

**SHOULD YOU REALLY EAT THAT?**

**I WISH I HAD YOUR BODY.**

**YOU LOOK SO HEALTHY.**

**JUST STOP.**

**JUST EAT IN MODERATION.**

**JUST COUNT YOUR MACROS.**

**I HEARD THIS DIET COULD HELP YOU.**

**WELL THERE'S NOTHING YOU CAN DO ABOUT IT.**

**ONLY SKINNY PEOPLE HAVE EATING DISORDERS.**

# 20 THINGS TO SAY

## TO SOMEONE WITH AN EATING DISORDER

**I'M SO SORRY.**

**THIS ISN'T YOUR FAULT.**

**RECOVERY IS POSSIBLE.**

**I'M PROUD OF YOU FOR FIGHTING.**

**I SUPPORT YOU GETTING HELP.**

**GETTING THERAPY IS BADASS.**

**I SUPPORT YOU IF YOU TAKE MEDS.**

**YOU CAN TEXT ME ANYTIME.**

**I WANT YOU TO KNOW I WON'T JUDGE YOU.**

**I WILL ATTEND YOUR FIRST APPOINTMENT WITH YOU.**

**I WON'T LABEL FOODS GOOD OR BAD.**

**LET'S FIGHT DIET CULTURE TOGETHER.**

**TELL ME ABOUT YOUR GOALS.**

**I LOVE YOU.**

**YOUR FEELINGS MATTER TO ME.**

**I'D LOVE TO KNOW YOUR WARNING SIGNS AND TRIGGERS  
SO I CAN BE SUPPORTIVE.**

**YOUR BODY SIZE DOESN'T DETERMINE YOUR WORTH.  
YOU'RE WORTHY. PERIOD.**

**EATING DISORDERS SUCK.**

**WHAT THINGS HELP YOU MOST WHEN YOU'RE.  
FEELING TRIGGERED?**

**HOW YOU FEEL IS VALID BECAUSE...**