

**Rules for Family Members of a
Person Recovering from an Eating Disorder**

DO

- ✓ Rule #1: Accept your limitations. Encourage your loved one to get professional help.
- ✓ Rule #2: Accept the other person's right to an independent life. Don't take charge.
- ✓ Rule #3: Each household member decides individually what he or she will or will not eat. No one should be forced to eat anything or be restricted in what can be eaten.
- ✓ Rule #4 Be willing to negotiate household chores involving food.
- ✓ Rule #5: The person with the eating disorder is responsible for their behavior whenever it affects others.

DON'T

- x Rule #6: Don't purchase (or avoid purchasing) food solely to accommodate the eating-disordered person.
- x Rule #7: Don't make mealtimes a battleground. Keep discussion about food issues to a minimum.
- x Rule #8: Do not monitor someone else's behavior for them (even if you are invited to).
- x Rule #9: Do not use money to control another person's eating behavior.
- x Rule #10: Do not anticipate someone else's needs.
- x Rule #11: Don't make eating out a battle of the wills.
- x Rule #12: Do not play therapist.
- x Rule #13: Do not comment about, someone's weight and looks.

Seek support for yourself.