

Helping Someone with Binge Eating



Warning signs that a loved one is bingeing include finding piles of empty food packages and wrappers, cupboards and refrigerators that have been cleaned out, and hidden stashes of high-calorie or junk food. If you suspect that your friend or family member has binge eating disorder, talk to the person about your concerns. It may seem daunting to start such a delicate conversation, and your loved one may deny bingeing or become angry and defensive, but there's a chance that he or she will welcome the opportunity to talk about their painful struggle.

If the person shuts you out at first, don't give up; it may take some time before your loved one is willing to admit to having a problem. And remember: as difficult as it is to know that someone you love may have an eating disorder, you can't force someone to

change. The decision to seek recovery has to come from them. You can help by offering your compassion, encouragement, and support throughout the treatment process.

If your loved one has binge eating disorder

- **Encourage him or her to seek help.** The longer an eating disorder remains undiagnosed and untreated, the more difficult it will be to overcome, so urge your loved one to see a health professional.
- **Be supportive.** Try to listen without judgment and make sure the person knows you care. If your loved one slips up on the road to recovery, remind them that it doesn't mean they can't quit binge eating for good.
- **Avoid insults, lectures, or guilt trips.** Binge eaters feel bad enough about themselves and their behavior already. Lecturing, getting upset, or issuing ultimatums to a binge eater will only increase stress and make the situation worse. Instead, make it clear that you care about the person's health and happiness and you'll continue to be there for him or her.
- **Set a good example** by eating healthily, exercising, and managing stress without food.
- **Take care of yourself.** Know when to seek advice for yourself from a counselor or health professional. Dealing with an eating disorder can be stressful, and it will help if you have your own support system in place.

Source:

www.Helpguide.org

Crossroads Programs for Women
offers hope and help for those who struggle with binge eating



www.crossroadsprogramsforwomen.com

Life is complicated and women face many complex issues and difficult situations throughout their lives. Our weekend and week long treatment programs are designed for real women with real lives and real responsibilities. Our workshops are intensely focused and action oriented to help you discover the "whys" behind the struggles and learn how to move beyond today with a new confidence to change your life!