



## **CONFRONTING A PERSON WITH ANOREXIA OR BULIMIA**

When confronting a person with an eating disorder, it is important to have a plan. A confrontation can be difficult due to denial seen in those with the problem. However, even if a person does deny the problem, the initial seed has been planted. At some point in the future, the problem will be recognized and admitted. The following scheme is helpful to use when doing a confrontation:

### **The Plan -- “CONFRONT”**

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|-------------------|--|
| <b>C</b> oncern   | The reason you are doing the confronting. You care about the mental, physical and nutritional needs of the person. |
| <b>O</b> rganize  | Decide Who is involved, Where to confront, Why (concern), How to talk, When - a convenient time                    |
| <b>N</b> eeds     | What will he / she need after the confrontation? Professional help & / or support groups are available.            |
| <b>F</b> ace      | The actual confrontation. Be empathetic but direct. Do not back down if he / she initially denies the problem.     |
| <b>R</b> espond   | By listening carefully.  |
| <b>O</b> ffer     | Help and suggestions. You may want to encourage him / her to contact you when he / she needs to talk.              |
| <b>N</b> egotiate |  |
| <b>T</b> ime      | Another time to talk and a time span to seek professional help.  |

Remember to stress that recovery takes time and patience. However, he / she has a lot to gain by that process. There is also a lot to lose if he / she chooses not to get help.

This plan has been written and explained at lectures given by Heather L. Howard, former Administrator for ANAD. For further information, please contact ANAD. We have suggestions for therapist referrals and support groups as well. Thank you for your assistance in the crusade to alleviate the devastating problem of eating disorders.