

# Let's have an eating disorder friendly Christmas!

## 1. Focus on the person, not the body

**Instead of:** Have you lost weight?

**Try:** I'm so happy to see you!

**Instead of:** Have you gained weight?

**Try:** It's wonderful to see you!

**Instead of:** You look great!

**Try:** How have you been doing? Tell me all about it!

**Instead of:** You look so skinny! Let's fatten you up!

**Try:** I'm really glad you came!

## 2. Focus on the people, not the food

**Instead of:** Uh-oh - I'm going to blow my diet today!

**Try:** This food looks delicious!

**Instead of:** I guess this is a cheat day!

**Try:** I'm looking forward to enjoying this day with you.

**Instead of:** I guess the diet starts tomorrow!

**Try:** I love being here with you.

**Instead of:** How many points does this have?

**Try:** Thank you for being here today.

## 3. Forget the food police

**Instead of:** Are you really going to eat all that?

**Try:** I love being with you.

**Instead of:** Are you sure you need seconds?

**Try:** Isn't it wonderful to be together today?

**Instead of:** Oh my gosh! That's a lot of food!

**Try:** This is a great day!

**Instead of:** I'm "eating clean" so I can't eat any of this food

**Try:** I'm so happy to see you all.