



THE ATLANTA CENTER FOR EATING DISORDERS

The In-House Newsletter June 2008

Tired of Die-ting? Try Living!

- Just imagine all of the time and energy you could save for other activities
- We all need to take care of our bodies and make sure that we are fueling them with a nutritional balance of foods, but we don't need to let the way our body curves or doesn't curve determine how we feel about ourselves or how we live our lives.
- Next time a dieting desire crosses your mind, take a time-out. Think about the reasons why you want to lose weight. Are they really worth it? Think about the potential dangers of dieting. And, most of all, remember *you are worth so much more than what you weigh!*

"Have patience with all things, but chiefly have patience with yourself. Do not lose courage in considering your own imperfections, but instantly set all remedying them-every day begins the new task." - Saint Francis De Sales



Interacting with Someone Who Has an Eating Disorder: "What Not to Say."

"Gosh, you must be doing really well, because you look like you put on weight."- this can be very triggering for a person struggling with an ED because part of healing is putting weight on but it is such a struggle it causes internal distress for the ED individual. It might be interpreted as "boy I have really gained weight and maybe have gone too far." This can trigger unhealthy behaviors.

- "Gosh you look great." interpreted by an ED individual to mean I have put on weight and all of the above applies. If someone is just starting on the recovery road it is interpreted that they are just fine the way they are and do not need to gain weight.

-Lecturing and being stern or shaming with the person who has an ED increases their own shame and hopelessness.

-Karen Macke, MA, LPC

BOOKS: For Persons in Recovery

Eating in the Light of the Moon

by Anita Johnson Ph.D.

Sensing the Self: Woman's Recovery from Bulimia

by Sheila M. Reindl

Transformation Soup: Healing for the Splendidly Imperfect by SARK

10 Myths About Fathers, Daughters and Food

- Myth #1- Eating disorders and body image are women's issues.
- Myth #2- Men can't understand...
- Myth #3- Eating disorders are caused by problems in the mother/daughter relationship.
- Myth #4- Distant, uninvolved fathers are the cause of eating disorders.
- Myth #5- Fathers play an inconsequential role in the development of their children.
- Myth #6- Father's role is to "provide" economically.
- Myth #7- Parenting isn't important to men.
- Myth #8- Father's don't feel.
- Myth #9- Girls learn about femininity from their mothers.
- Myth #10- Girls need their mother, not their fathers, during adolescence.

**From Dr. Margo Maine's book, Father Hunger: Fathers, Daughters and Food (1991), Gurze Books*



Self-Soothing

Self soothing is an essential skill for overcoming an eating disorder, and for dealing with the challenges of life in general. Brainstorm about ways you can comfort yourself now, before you are in the midst of the next emotionally difficult situation. Think about the five senses: sight, smell, taste, touch, and sound. Some suggestions for self soothing include taking a bubble bath, playing with pets, listening to music, looking at pictures that stir up pleasant memories, or having a cup of hot chocolate or hot tea. These are a few, but there are more-experiment and find out what works for you!

ACE is pleased to announce the opening of the ACE Bed and Breakfast. The residence, located less than a block from our main facility in Dunwoody, will be available for participants in the ACE program who do not have local accommodations.

For previous newsletters, please visit
<http://www.eatingdisorders.cc>