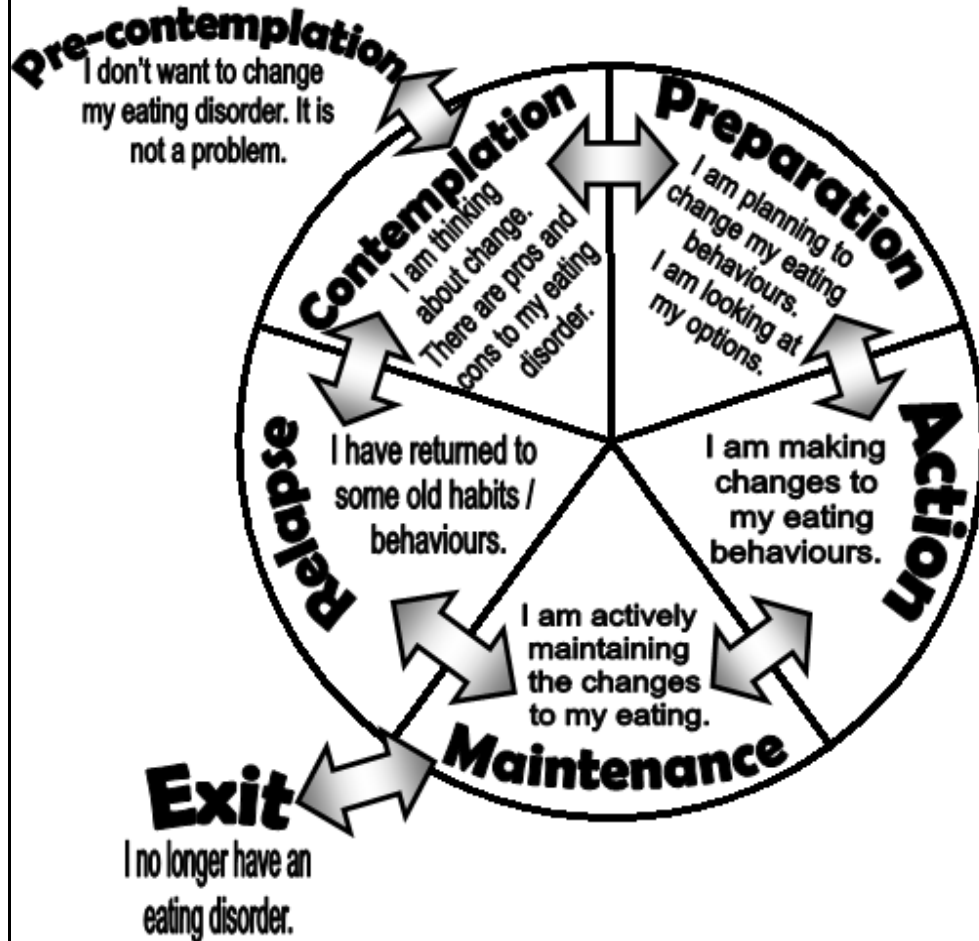


ARE YOU READY TO CHANGE YOUR EATING DISORDER??

Take a look at the stages of change model below and have a think about where you are right now.



This model shows that people can have different thoughts about changing an eating disorder. These thoughts can change day to day.

This leaflet aims to give you some ideas about what books, websites and information may be helpful to you at each stage.

Pre-Contemplation

"I don't want to change my eating disorder. It is not a problem."

If you are at the pre-contemplation stage, you may be tempted to throw this leaflet away! However, you, or a person who cares about you may want to look at the following books:

Anorexia Nervosa: A Survival Guide for Families, Friends and Sufferers
By Janet Treasure (1997) *

Skills-based Learning for Caring for a Loved One with an Eating Disorder
By Janet Treasure, Grainne Smith, and Anna Crane (2007)

Contemplation

"I am thinking about change. There are pros and cons to my eating disorder."

Are you considering changing your eating disorder? If you are contemplating change, the following books may be useful:

Getting better bit(e) by bit(e): A survival Guide for Sufferers of Bulimia Nervosa and Binge Eating Disorders
By Ulrike Schmidt & Janet Treasure (1993) *

Anorexia Nervosa: A Survival Guide for Families, Friends and Sufferers
By Janet Treasure (1997) *

if you want to consider changing your eating disorder, don't forget to speak to your GP to discuss the options for help that are available to you.

Preparation

"I am planning to change my eating behaviours. I am looking at my options."

Preparing to change? At the preparation stage, it is important to find out as much as you can about eating disorders. Also, it is useful to find out about the services available to you. This is so that you can be sure that you make the right choice about what to do next.

Take a look at the B-eat website: <http://www.b-eat.co.uk/> . This website has lots of information and links to other websites that may be of interest to you. You could also read these self-help books:

Overcoming Binge Eating (Try not to be put off by the name of this book... It's a good book for all eating disorders!)

By Christopher Fairburn (1995) *

Overcoming Anorexia Nervosa

By Christopher Freeman & Peter Cooper (2002) *

Sometimes after reading these books, people want to have a go at overcoming their eating disorder on their own. Sometimes it may also be good to go and see your GP so that you can discuss the treatment options on offer to you. Take a look at the Cardiff & Vale University Health Board's website to find out about the local services that are available to you: <http://www.cardiffandvaleuhb.wales.nhs.uk/adult-eating-disorders-service>

Action

"I am making changes to my eating behaviours"

Ready for change? You are now highly likely to find the self-help books mentioned in the preparation stage above useful. Some people find that these books really help. However, you may also want to seek specialist help. If this is the case, now is the time to go back to your GP and ask for a referral. This referral could be to counsellors within your GP practice or to other professionals within the local mental health services.

Also, if you are depressed and have an eating disorder, you could consider taking anti-depressants with the help of your GP.

Maintenance

"I am actively maintaining the changes to my eating"

If you are at the maintenance stage, you may find it useful to attend some support groups. This is the website link to find B-eat support groups in your area: <http://www.b-eat.co.uk/get-help/get-support/support-groups> .

Relapse

"I have returned to some old habits / behaviours."

Sometimes your eating disorder behaviours can return. That is ok! But now you need to think what you want to do about it ...if anything. Go back to the stages of change model on the first page and decide where you might be. Then use this leaflet to find out what will be helpful to you at that stage.

Exit

"I no longer have an eating disorder."

Treatments nowadays can be very effective. So for those who enter into various treatments, from self-help to seeing a professional, and then see it through, there is a good chance of a full recovery. Getting to this point can often be hard work, so you really have to want to do it!

Please note – no matter where you are on the stages of change model – an eating disorder can be a severe risk to your health. Professionals like your GP, will want to help you look after your health as much as possible.

Therefore, it is essential that you attend appointments so that your physical health can be monitored.

* This notation means that you are able to get this book from your GP through the NHS Book Prescription Scheme.