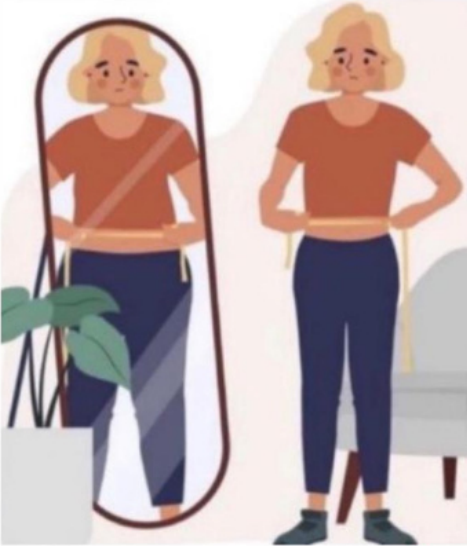


mycaringdisorder

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Hello !! I am a person with an Eating Disorder and I sometimes feel  
 Misunderstood by others. So here are some tips for you to help me:  
 ❤️ Avoid comments about the food or about how much it  
 is  
 ❤️ Avoid commenting on my appearance, someone else's or your own.  
 ❤️ Just listen to me, don't comment on my progress.  
 ❤️ Don't take it personally if I don't want to socialize too much.  
 ❤️ Try not to talk to me about your diet or food.


mycaringdisorder

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I am often told that a simple number does not define  
 my value as a person, but my disorder makes me pay  
 too much attention to the numbers on my scales.