



## When You Look At Me...

It's difficult for me to admit that I have needs and even more difficult sometimes to communicate them. I don't want to burden others and yet I can't do this alone. This message conveys what I need from you the most.

When you look at me, please tell me that you haven't given up on me. I need to know that you'll stay by my side and help me find my way. Also, know that you're listening ear means as much to me some days as anything can.

Eating disorder recovery is a complicated process. I know you've educated yourself about eating disorders and I appreciate that so much. To know that you're willing to learn all you can about what I'm going through means a great deal to me. But I don't want you to feel badly if there are still some things that you don't understand. You don't have to understand every aspect. I just need to know that I have your support.

