

@edadhd_therapist

HOLIDAY BOUNDARIES IN ED RECOVERY

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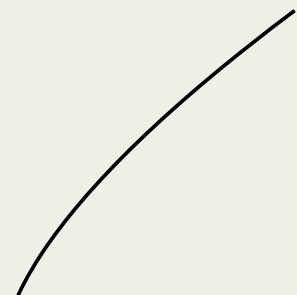
FOR
NEURODIVERGENT
FOLKS



REMINDER

“You do not owe anyone an explanation or a justification for your body, your food choices, your gender, your pronouns, or your boundaries.”

-Dawn Serra



DOGSPIRATION



DUNKIN' DOES NOT CARE

COMMON "FOOD HOLIDAY" CONCERNS

- Relatives get offended if you don't try to food they made
- Overstimulation
 - Too many activities and choices for food
 - Sensory overload
- Shutting down after masking for family all day
- Managing intrusive prying into your mental health or unwelcome commentary on body and food

NEURODIVERGENCE AND PEOPLE-PLEASING

- We've sought withheld approval our entire lives through masking, compensating, and/or putting others first
- Setting boundaries = unmasking, unmasking = unknown risk
 - Plus, we might not even know what our needs and limitations are if they've never been respected before
- Is your participation in diet talk:
 - A) avoidance of conflict
 - B) appeasing your eating disorder
 - C) masking your way into neurotypical norms
 - D) all of the above



* It's pretty easy to get people to abandon their boundaries by asking them to explain or justify themselves. Family tends to be really good at doing this with their "why?" and their "but I don't understand...".

* If someone is asking for (or demanding) an explanation or justification when you express a desire or a boundary, a few possible responses include:

"Because it's important to me."

"This isn't up for discussion."

One of the many boundary phrases on the next slide

Changing the subject

Restating the boundary - broken record technique

Leaving the room or situation - enforcing the boundary

THE POWER OF SCRIPTING!



Caveat: When appropriate (not a safety concern, you can use a soft tone, smile, and use playful body language to disarm defensiveness. But there will be some people who will always see directness as "rude." That's not yours.

From the viral TikTok sensation, autistic boundary coach Kami Orange, here are some more options for language:

- That's not okay, please don't do that here.
- Yikes! That's a really inappropriate thing to say.
- Please don't touch me.
- I'm not pretending to be neurotypical/allistic anymore.
- I'm not answering questions about that.
- This is not a safe space for your bigotry.
- I hope you're not saying that to me because you think I agree?
- That's not going to work for me.
- I will only discuss that with my doctor.
- I'm not the right person to share that with.
- I don't have the emotional capacity to have this conversation with you.

ANTI-DIET THANKSGIVING Conversation tips

IN
RESPONSE
to THIS

(to help you keep your
SANITY at the dinner table)

TRY THIS!

DIET-y,
FATPHOBIC,
DISORDERED,
SHAMING
STATEMENTS

I SAVED ALL MY CALORIES TODAY FOR THIS!

I TOTALLY GET SAVING ROOM FOR THIS AWESOME MEAL, BUT YOU DON'T HAVE TO "SAVE" CALORIES BY NOT EATING.

MY DIET STARTS TOMORROW, TODAY I'LL BE BAD!

YOU'RE NOT "BAD" FOR EATING AND FOOD ISN'T BAD - IT'S NOT A MORAL ISSUE!

I NEVER EAT LIKE THIS...SO MANY CARBS & SUGAR!

YOU DON'T NEED TO JUSTIFY YOUR EATING CHOICES. CARBS + SUGAR ARE ENERGY SOURCES... AND TASTE GOOD TOO!

I'M GONNA HAVE TO GO BURN OFF ALL THESE CALORIES!

YOUR BODY ALREADY BURNS CALORIES TO FUNCTION. WE SHOULD MOVE OUR BODIES IF IT FEELS GOOD... NOT AS PUNISHMENT OR OUT OF SHAME!

ANTI-DIET
& HEALTH
AT EVERY SIZE
INFORMED
RESPONSES





SELF-ACCOMMODATING IN YOUR BOUNDARY-SETTING

- Front-load: create an explanation of your needs and responses to anticipated potential violations in written form so you're doing the most work beforehand when you have the capacity, not as you're being drained
 - Consider using a do's and don'ts list as AAC - carry it in your pocket and point if you're either non-speaking or become non-speaking when activated
 - Take space from the setting afterward to diffuse and stay grounded - a walk outside or an empty room can work wonders.
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