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LET'S CLEAR SOME
THINGS UP...

MISCONCEPTIONS ABOUT
EATING DISORDERS



EATING DISORDERS ARE JUST ABOUT FOOD OR WANTING TO BE SKINNY.

Truth: It's rarely about
food or thinness. It's about
pain, control, shame,
trauma, and survival.



YOU CAN TELL WHEN SOMEONE HAS AN EATING DISORDER.

Truth: Eating disorders
don't have a "look".



ONLY WHITE, YOUNG, RICH GIRLS GET EATING DISORDERS.

Truth: Eating Disorders
impact people of every
race, gender, class, and
culture.



IT'S JUST A PHASE
— THEY'LL GROW
OUT OF IT.

Truth: Eating disorders
are serious, and recovery
isn't passive.



IT'S THE PARENTS' FAULT.

Truth: Blame helps no
one — support does.



RECOVERY MEANS BEING “BEHAVIOR-FREE”.

Truth: Real recovery is
about more than just
food management and
body size.



WHAT CAN WE DO INSTEAD?


- Listen.
- Avoid making assumptions.
- Use non-stigmatizing language.
- Prioritize people, not appearance.



Healing is possible.
Even when it feels messy.
Even when it's slow.
You are not alone.



Ready to take the next step?
Visit recovernewportbeach.com
for resources, therapy consults,
& recovery support.

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