



EDIN Speaker's Bureau Developing your Story and Preparing for your Talk

"Only when we are brave enough to explore the darkness will we discover the infinite power of our light." -Brene Brown

Please start by writing responses to the following these four areas.

1. Development of an Eating Disorder

(Message: EDs develop as a combination of genetics, personality traits and environmental factors. And this section you put a face to a disease & help destigmatize EDs)

- How old were you when you first saw signs of a problem, either in terms of how you viewed food or how you felt about your body? (Sometimes the seeds are sown quite young!)
 - Share a story that illustrates this and write a detailed account of that first awareness.
- What are some of your personality traits that contributed to you developing a problem? Perfectionism? Anxiety? OCD? Depression?
- What else was happening at the time? What were the outside factors (media messages, demands of a sport, comments from family or friends) that influenced your negative thinking about food or your body?
- Do you remember a particular moment or trigger that got things started? (e.g. the stress of a move, a break-up, losing a loved one, not making a sports team)

2. What It Was Like at Its Worst

(Message: EDs are devastating diseases- emotionally, physiologically and relationally. The costs are high!)

- What did you believe about yourself when you had an eating disorder? ("Not good enough," "I'm too much," "I'll never get better")
- What were some of the unpleasant realities—"the costs" -- of living with an eating disorder? These might be things that you missed out on, ways that it impacted your relationships, your health, your sports or academic or career pursuits (e.g- not being able to socialize with friends, no energy for sport, inability to concentrate on school)
 - Again, the goal is to "De-glamorize" eating disorders! Challenge the myth it's desirable to have an ED!

3. Getting Help

(Message: Recovery is difficult but it is possible!)

- What finally got you to reach out?
- What type of help did you get (inpatient treatment? Group therapy? Individual therapy?) and what helped you the most?
- Have you had "lapses" and how have you overcome them?
- What has worked for you and helped you to recover?

4. Your Life Now

(Message: Life without an ED is so much better. Full recovery is possible and it's worth fight to get here)

- What is better about recovery?
- What can you do now that you couldn't do when you at an eating disorder?? (Deeper relationships, sleeping better, able to pursue dreams)
 - We want people to know recovery is possible and that it's better than living with an ED/ it's worth the effort to recover!
 - This is an important part and often the part people skip over!

Once you have written responses, go back and read each section out loud. Time it. Since your talk should last 10-12 minutes; ideally it should be about 2-3 minutes per section, but it may be longer to start and that's okay. **Once you have your story written, please email it to: sarah@myedin.org.** It's okay to send a longer version, sometimes you need to write more and then together with Sarah you can help to consolidate to what others needs to hear.