



## Case Studies

For each case study, use the 11 key recovery concepts below as guidance in order to reassure each individual. It is likely more than one concept can be applied to each case study.

	<b><u>Recovery concept</u></b>
1	<b><u>Commitment to unrestricted eating</u></b> e.g., act on all hunger, both mental and physical
2	<b><u>Commitment to reaching an unsuppressed body weight</u></b> e.g., to rest the body as much as possible and to eat recovery wise foods
3	<b><u>Commitment to losing rules and rituals</u></b> e.g., weighing, measuring, food timing
4	<b><u>There is no 'too much'.</u></b>
5	<b><u>Permission to eat is not based off body size</u></b>
6	<b><u>There are no good foods, there are no bad foods.</u></b> <i>There are only good and bad relationships with food. Fearing food is an example of a bad relationship with food.</i>
7	<b><u>Eat regularly</u></b> e.g., leaving no more than 2-3 hours between substantial meals
8	<b><u>Always serve with an abundant mindset</u></b>
9	<b><u>What anybody else eats has nothing to do with you</u></b>
10	<b><u>Food doesn't have to be perfect</u></b>
11	<b><u>Eat for the now. What was eaten earlier, or what might come later, is of no influence to this moment.</u></b>

### Case Study 1: Layla

"Hi Han, I woke up today at 5am with a rumbling stomach. For the first time ever, I hauled myself out of bed and satisfied my hunger with a large bowl of granola and Nutella bagel topped with banana. I managed to fall back asleep afterwards. When I reawoke at 8am, I felt *as hungry* as I would have if I hadn't have already eaten.

Since I had already had some breakfast at 5am, I only had two small slices of toast. I also didn't add my usual nuts or honey. I was hungry afterwards, but went out for a walk to clear my mind.

#### ***Comments, advice & thoughts:***

### Case Study 2: Sam

"Hi Han, I ate my breakfast at 9am and then had a very hectic morning with lots of errands. I skipped my snack an ended-up eating lunch at 1.30pm. By the time it came to choosing what to have for lunch, I was absolutely ravenous and ended up eating more than usual. I ate far past fullness but didn't feel like I could stop.

#### ***Comments, advice & thoughts:***

### **Case Study 3: Nic**

“Hi Han, I feel terrible. I just had breakfast despite not initially really being hungry, and half-way through my stomach rumbled and I felt starving. I’ve never experienced this before. I responded to my hunger fully and entirely, but have eaten so much more than everybody in my house has eaten today.

***Comments, advice & thoughts:***

### **Case Study 4: Phoebe**

“Hi Han, I feel terrible. I just had breakfast despite not initially really being hungry, and half-way through my stomach rumbled and I felt starving. I’ve never experienced this before. I responded to my hunger fully and entirely, but have eaten so much more than everybody in my house has eaten today.

***Comments, advice & thoughts:***

### **Case Study 5: Alex**

"Hi Han, I feel down. I just bought a new pastry from the shop and was really excited to eat it. I can't tell you how many times I've walked past it and been curious about what it might taste like. Anyway, when I got home, I put it in the oven to warm it, but got distracted by the dog. When I remembered the pastry, the corners had burnt. Not only was it not all I had imagined it to be taste wise, partly because it was overcooked, partly because I didn't really enjoy the filling as much as expected, but I am really worried now because I am still hungry, and it is more dense than my 'usual snacks' already.

#### ***Comments, advice & thoughts:***

### **Case Study 6: Kel**

"Hi Han, I'm panicking. Our kitchen scales are broken and I planned to have pasta tonight. I have no idea how to know how much I should eat? How do I go about portioning my meal?

I usually add cheese on top too, but since I'm mostly weight restored now, I don't know how much to allow.

#### ***Comments, advice & thoughts:***

### **Case Study 7: Cam**

“Hi Han, I was in a situation today which I’m not sure how to negotiate going forward. I was standing in front of two sandwiches in the shop. Taste wise, they were on par. There wasn’t one which stood out to me more than the other. When I was holding both, I couldn’t help noticing that one had mayonnaise and one didn’t. I’m not a mayonnaise super fan anyway. I can take it or leave it. But, admittedly, I was swayed by this as I saw it as an ‘unnecessary extra’ I could avoid. What do I do if I’m not sure I even like the ingredient?”

#### ***Comments, advice & thoughts:***