

# Setting Boundaries

Having clear and firm boundaries is a healthy form of self-care.

But this does not mean others will like your boundaries.

Brainstorm ways you would want to respond to situations when others want to discuss your fasting or eating choices.

How come you aren't eating with us today?

I think that food isn't healthy for you...

How about you just eat some now, it won't hurt you?

Isn't not eating an eating disorder?

I have read that eating like this is unhealthy and am concerned about your health. I worry that you are hurting yourself by fasting.