

EDCP = Eating Disorder Check Person

EDS = Eating Disorder Sufferer

Below is an example of the type of contract that could be drawn up to manage Thanksgiving with a person who is suffering from an eating disorder. Feel free to add your own clauses that are specific to your situation.

[Example] Thanksgiving Day Contract 2016

between

(EDS)

and

(EDCP)

The goal of this agreement is to put structure in place to ensure that Thanksgiving Day is a success in terms of eating disorder recovery plan continuance. Having a fun and enjoyable day will also likely be more achievable due to lessened anxiety and food-related stress.

In order to ensure minimal activation of the eating disorder's obsessive thoughts, (EDS) agrees to be extra vigilant about the following aspects of recovery:

I will not exercise the day before, the day of, or the day after Thanksgiving.

(EDS) Initial _____

I will not skip any meals or snacks the day before, the day of, or the day after Thanksgiving.

(EDS) Initial _____

I will continue to eat as per my meal plan as set by (EDCP) through the holiday duration.

EDS Initial _____

I will not purge in any way. If I have thoughts around doing so I will talk to (EDCP) about them.

EDS Initial _____

If I feel stressed or anxious at any time, I will talk to (EDCP) and devise ways to reduce anxiety.

EDS Initial _____

I will be extra vigilant not to participate in any behaviours that (*EDCP*) deems to be detrimental to the goal of full recovery as listed on the ED Behaviour Checklist during the holiday period.

EDS Initial _____

Signed and dated:

(*EDS*)

(*EDCP*)