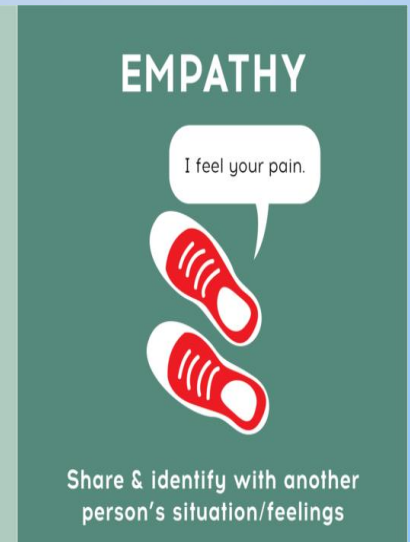
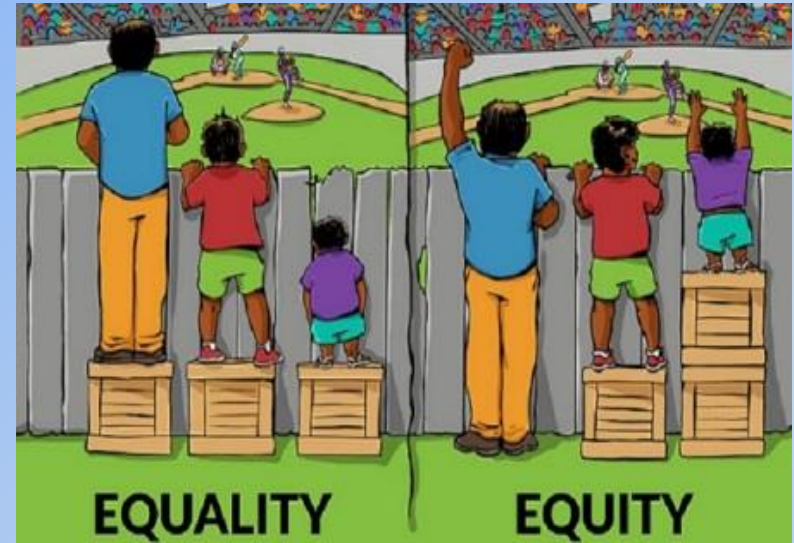


The Core Beliefs of the Eating Disorders Intensive Service

- We understand equity does not necessarily mean equality - *what works for me may not work for you*
- We avoid making assumptions about where people are on their individual journeys - *everyone has their own struggles*
- We are aware some behaviours may be triggering to others - *not everything is triggering, be mindful*
- We never make assumptions about how someone feels - *it's my journey – no one else's*
- We prefer empathy rather than sympathy - *feel with me rather than feel sorry for me*



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