

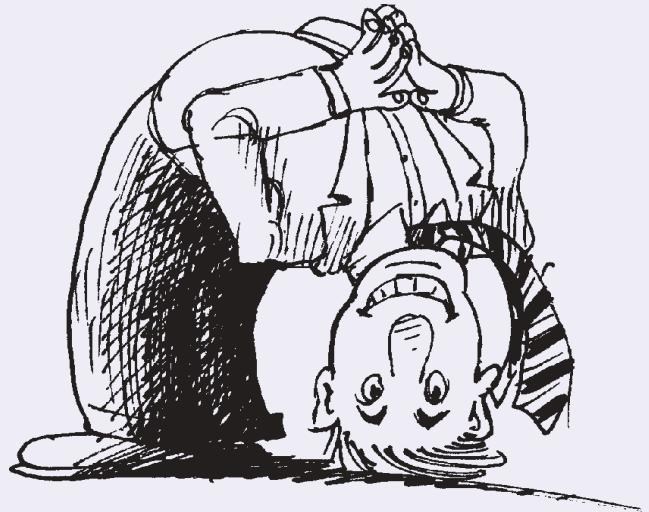
# Recovery!

## Are You a People Pleaser?

Do you bend over backwards to make others happy?

Do you think you need to be liked by everyone? Do you try to be nice to others to avoid being rejected? Do you tend to put the needs of others before your own needs? Do you find yourself saying yes to requests when you really want to say no? Do you suppress your anger and avoid confrontation with others? If these situations sound like you, you could be a people-pleaser.

You might wonder, "What's wrong with trying to please others?" Well, there are actually many dangers to people-pleasing. By always saying yes to other's requests you can overextend yourself, resulting in stress. Also, you could get manipulated by others because they know that you cannot say no. When other's needs are put before your own, your own self-interests are ignored. When anger is suppressed, it is often turned inward leading to anxiety, depression, eating disorders, and self-harm. Finally, by avoiding confrontation with others, your relationships could lose their authenticity as true feelings are often not expressed.



### Niceness as Armour

Niceness can be used as "psychological armour" when you believe that being nice to others will avoid rejection, isolation, abandonment, disapproval, and anger. This thinking is faulty because niceness does not protect you from everyone all of the time. Furthermore, with this thinking, when someone is mean to you, you think "I must not have been nice enough". It is not appropriate or possible to be nice to everyone all of the time. Someone will always dislike you, maybe even because you are too nice. Also, being nice to someone who is abusive, or does not treat you well, only rewards that behaviour.

### Saying No

For some people, the word no is a foreign word. Whenever they are asked to do something they say yes without any second thought. Often these individuals are saying yes because saying no leads to feeling guilty and selfish. Alternatively, a person may fear negative responses from others if they say no, so they say yes to avoid any negative repercussions. Every time you say yes when you really want to say no, your self-esteem suffers.

# Greetings!

Well summer is over and fall is on it's way here. We hope you all had a great summer and enjoyed the beautiful sunny weather - we had lots of that here!

Did you know that being a people pleaser can actually have a negative impact on your life? When you put the needs of others before your own you are ignoring your own self-interests which can cause anxiety and depression. This issue's cover article will help you put an end to pleasing others and start putting yourself first. Perfectionism can also lead to similar problems as people pleasing. Learn how to use your perfectionism to benefit your life and not interfere with your relationships with others.

Are you eating healthy for the right reasons? Do you consider your diet to be superior? The article on Orthorexia sums up this most recently described type of eating disorder, characterized by consuming a restrictive diet that is so healthy it could make you sick.

The poem on the last page was found on a University counselling centre website, we liked it so much we wanted to share it with everyone!

Lynne Robertson

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## What's new at Westwind?

### Support Groups

Due to scheduling conflicts, our support group meetings will now be held every Monday evening at 7pm at Westwind. Our support groups are peer run meetings offered free of charge to individuals suffering from an eating disorder, as well as for family and friends.

### On-line Support Groups

Join our on-line support group at <http://communities.msn.com/westwindeatingdisordersupportgroup>. Here you can post messages and pictures, and chat with others about the issues of eating disorders.

### Golf Tournament

The Westwind Foundation golf tournament was a success, with 47 golfers in attendance at our very first fundraiser. A huge thank you to everyone who helped out at the event and especially to those who made donations!

This newsletter is a publication of the Westwind eating disorder recovery centre, and is intended for general information only. It is not intended to provide personal medical or psychological advice, which should be obtained from a qualified health professional.

More information about Westwind can be obtained by calling 204-728-2499, or toll free at 1-888-353-3372. Check out our web site at : [www.westwind.mb.ca](http://www.westwind.mb.ca), or e-mail us at [westwindedrc@mb.sympatico.ca](mailto:westwindedrc@mb.sympatico.ca). We are located at 458-14th St, Brandon, MB, R7A 4T3, Canada.

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How can you work to change this behaviour? Begin by at least saying no to some people, some of the time. To do this, buy yourself time by stating that you need to check your schedule and you will get back to him/her. Then, in this additional time you can fully consider the request and whether or not you want to say yes. If you want to say no, you then have time to create and perhaps practice your response to that individual.



## Emotophobia

The definition of emotophobia is an excessive or irrational fear of negative feelings (e.g. avoiding anger and conflict). For many people it is actually the avoidance of these negative consequences, rather than the attainment of positive rewards, that maintains people-pleasing behaviours. One might wonder what is wrong with avoiding negative feelings? Well, first of all, the suppression of anger can actually be as damaging to your health as explosive rage. Furthermore, avoiding anger and confrontation makes relationships less genuine. Also, staying far away from people so that they cannot strike at you also keeps you too far away to be embraced by others. In other words, the “safety zone” can become a lonely place. Unfortunately, exposing yourself to these feared emotions is the only way to get over the fear of these negative emotions.

## Fear of Anger

Many people believe that anger is an on/off phenomenon. However, anger actually

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develops incrementally on an arousal scale. There is, nevertheless, variation across individuals in the speed that anger escalates. The fear of anger is usually more closely related to a fear of loss of control. Anger is not bad; it is a normal emotion. Anger is not something that one should feel guilty about. Often the fear of anger develops when a child sees an adult (parent) that displays a volatile temper. Then, through role modelling, the child learns that anger is an on/off phenomenon.

There are actually four phases of anger. The first phase, yellow alert, is when you have the first sign that you might become angry (psychologically & physically). Managing anger involves being sensitive to this stage of anger. The second phase, ignition, is when you actually become angry. Effective anger management occurs at this point. Next, is the escalation phase when anger increases. Finally, in the resolution phase, all involved individuals cool down. Then any damage to the relationship is repaired.

Constructive anger is expressed clearly, firmly, and directly. The goal of constructive anger is to send accurate information that can result in effective problem solving and conflict resolution.

## Avoiding Confrontation

All relationships have conflict, the good relationships just handle the conflict well, while the bad relationships leave things unresolved. Conflict avoidance just means that problems do not get solved. So how do you handle conflict constructively? Here are some guidelines to follow for constructive conflict.

## Principles of Constructive Conflict:

### 1) More vs. less information

Conflict is viewed as an opportunity to talk out the dilemma. Whereas, in bad relationships, one partner withdraws from the conversation or withholds verbal input.

### 2) Flexible vs. rigid

In good relationships, both individuals

approach the problems as a compromise. The individuals focus on problem solving, and the maintenance of the relationship is placed above individual desires, rather than looking at conflict as a win/lose situation.

### 3) Trust vs. mistrust

During the conflict there is open disclosure and you trust the other individual with your personal disclosures.

### 4) Friendly vs. hostile persuasion

Threats should never be used in conflict. Instead, when necessary, try to gently persuade the other individual to your point of view.

### 5) Responsibility vs. blame

In constructive conflict, the speaker takes responsibility for his/her feelings, thoughts, and behaviours, rather than placing blame on others.

### 6) Contained vs. spreading boundaries

The current argument should never drift to previous problems, focus only on the current problem at hand.

### 7) Resolution vs. repetition

In constructive conflict, the conflicts are resolved and both individuals attempt to learn from the experience to prevent similar arguments in the future.

So how can you work to start changing these behaviours, if they are a concern for you? Well, you can start by making small steps, such as saying no to some people some of the time. You can also decrease your fear of negative emotions by slowly starting to expose yourself to negative emotions. Remember, even small changes can cause a ripple effect leading to larger changes over time.

Braiker, H. B. (2001). *The Disease to Please: Curing the People-Pleasing Syndrome*. McGraw-Hill: New York.

## Mr. Bowjangles

“Bow-tie pasta with chicken, broccoli and sun-dried tomatoes in a light broth.”

1/4 cup reduced-sodium soy sauce  
2 tbsp each honey and lime juice  
1 tbsp each olive oil, Dijon mustard, and balsamic vinegar  
1 clove garlic, minced  
4 boneless, skinless chicken breast halves, cut into 1-inch cubes  
1/2 cup sun-dried tomatoes (not oil-packed)  
8 oz. bow-tie pasta, uncooked (about 5 cups dry)  
3 cups broccoli florets  
1/2 cup chopped green onions

- Whisk together soy sauce, honey, lime juice, olive oil, mustard, vinegar, and garlic. Pour marinade over chicken cubes, stir until all chicken pieces are coated with marinade. Cover and refrigerate for 30 minutes.

- Pour 1 cup boiling water over sun-dried tomatoes and let soak for 5 minutes. Drain tomatoes and chop. Set aside.

- Prepare pasta according to package directions. Add broccoli florets to pasta cooking water for last 3 minutes. Drain pasta and broccoli and return to pot. Keep warm.

- Transfer chicken and marinade to a large, non-stick skillet. Cook over medium-high heat until chicken is cooked through. Remove from heat. Add chicken, sauce, sun-dried tomatoes, and green onions to pasta and broccoli. Mix well. Serve immediately and enjoy!

This recipe was taken from “Crazy Plates. Low-Fat Food so Good, You’ll Swear it’s Bad for You!”, a cookbook that has become a popular selection at Westwind. We highly recommend this cookbook full of easy to prepare, fun to eat foods, that are healthy for you too!

# Orthorexia

Healthy eating is important to keep our bodies healthy by providing us with essential nutrients for proper growth and development as well as body functioning. We all like to make healthy dietary choices, but in an attempt to consume the most healthful foods some people go to great extremes, following a rigid diet of only the most pure foods. When this desire to follow a superior diet begins to be a constant obsession over healthy eating, it is no longer healthy. It can actually develop into a type of eating disorder. Orthorexia, ortho from the Greek meaning straight, correct and true, is an obsession with eating healthy foods in pursuit of dietary purity. Surprisingly enough, this eating disorder affects 8-10% of the population.

While there are several similarities

between Anorexia and Orthorexia, there is one major difference. Orthorexia focuses on the quality of food, not the quantity. The primary feature of Orthorexia is the feeling of being better than everyone else because of a superior dietary regime. Just as Anorexia and Bulimia often begin innocently as an attempt to lose a few pounds, Orthorexia begins innocently as an attempt to cure or prevent illness, or improve general health. Unfortunately people don't realize how this healthy dietary regime can have a significant negative impact on their life. They often eat only a small selection of foods and don't allow themselves to indulge in snacks and treats. Sticking to this type of strict diet takes a considerable amount of willpower as it differs so much from our normal cultural eating habits. Over time, their diet, what they eat, how much they eat, the quality of the food, and the consequences of not following their rigid diet come to occupy much of their thoughts throughout the day.

**“When a sense of compulsion begins to override free choice, when you begin to judge everyone else on the basis of diet rather than character or personality, when you spend many of your waking hours thinking about food, you are not simply making dietary choices. You are not a virtuous eater. You have an eating disorder.”**

**Steven Bratman**

Orthorexia disguises itself as a virtue. People who develop this problem take pride in their healing diet and feel they are taking superior care of themselves. They maintain this feeling by allowing their diet to determine their sense of self-worth and the greater part of their self identity. If they stick to their superior diet they feel good about themselves. Though they believe that their diet is holistic, the healing diets of raw-foodists, fruitarians, macrobiotic dieters, and those who suffer from Orthorexia, lack a holistic perspective on life. Rather than focus on all aspects of life, they focus solely on their diet, a displacement of the act of eating. Eating is meant to be a pleasurable experience. In what they believe to be a

process of adding years to their lives, they may in fact be making their lives miserable, since they feel that they cannot eat many types of foods for health reasons. They find it difficult to

attend social occasions without obsessing over the contents of food, therefore they find themselves offending the host by not eating what has been prepared or by bringing their own foods, or worse, continually turning down invitations.

The defining interest in life of eating according to one or another theory and the sense of compulsion, defined by quality of obsession, absence of moderation, loss of perspective and balance, eventually begins to override free choice. Eating becomes an escape from life. The desire to obtain healthy food free of meat, fat, artificial chemicals, or whatever their current health food theory follows, and puts nearly all social forms of eating out of reach. This can be emotionally damaging to the individual, as the strength of our social interactions is a significant factor in our ability to survive and avoid illness. By fostering separation from others, orthorexia actually worsens health, rather than

improving it. For example, when people get stressed about what they are putting into their bodies, the stress causes hydrochloric acid to seep into the stomach causing stomach upset, heartburn (which can mimic the chest pain of a heart attack and cause more stress) and even ulcers. The change of the pH balance of the stomach hinders the absorption of nutrients, making even healthy food less nutritious. Stress releases histamines, which cause rashes, so many people claim to have food allergies, feeding their Orthorexia, when in fact they are experiencing physical reactions to stress.

### Could you have Orthorexia?

1. Do you spend more than 3 hours a day thinking about healthy food?
2. Do you plan tomorrow's food today?
3. Do you care more about the virtue of what you eat than the pleasure you receive from eating it?
4. As the quality of your diet increases, does the quality of your life correspondingly diminish?
5. Do you keep getting stricter with yourself?
6. Do you sacrifice experiences you once enjoyed to eat the food you believe is right?
7. Do you feel an increased sense of self-esteem when you are eating healthy food? Do you look down on others who don't?
8. Do you feel guilt or self loathing when you stray from your diet?
9. Does your diet socially isolate you?
10. When you are eating the way you feel you are supposed to, do you feel a peaceful sense of total control?

If you answered yes to 2 or 3 of these questions you may be headed in the direction of Orthorexia. We suggest that you take the first step to recovery and seek counselling from a dietician or therapist regarding your dietary habits before Orthorexia takes control.

Bernard, L. (July, 2001). *Can You Eat Too Well? Canadian Living Magazine.*

Bratman, S. M.D. (2000). *Health Food Junkies. Orthorexia Nervosa: Overcoming the Obsession with Healthful Eating.* Broadway Books: New York.

## The Pursuit of Perfectionism

by Valarie Bittner

I once heard a riddle that asked "What do you call someone who graduates from medical school at the bottom of his or her class?" The answer is a doctor! How often do we focus on the parts of our life that we feel need improving and lose perspective of the things we have accomplished? Just as the riddle seems to point out, it is easy to think about what could have been done better. Unfortunately, many people live by an impossible personal standard. The pursuit of perfectionism will always leave you striving for more and struggling to feel the satisfaction of a job well done.

### When is Perfectionism a Problem?

How can you know if the pursuit of perfectionism has become a problem in your life? Perfectionism can be identified as a problem when it holds some important characteristics. Perfectionism can keep you from succeeding or being happy. It is difficult to muster up the courage to boldly pursue a goal with the fear of not doing it well enough. No effort seems to be good enough to satisfy. The A grade received must be an A+ the next time. Perfectionists never seem to have enough time to do their best. No matter how much time and effort is put in, they seem to feel rushed, pressed for time and dissatisfied with their work. Perfectionists often feel criticised by others. A recommendation can easily be seen as a put-down - it is difficult to receive compliments when you can not see the value in your own work. Your personal standard may also make it difficult to recruit others for help with tasks and projects. The perfectionist will likely struggle to find a partner whose work will satisfy them. You may also find that your standards can not be met without a great deal of effort, energy and emotional wear and tear. You may be fearful of making mistakes or being humiliated in front of others. Perfectionism is also a problem when it begins to distort your perception of yourself. High personal

standards can cause tension in personal relationships.

### Where Does Perfectionism Come From?

Perfectionism is influenced by factors from childhood and on into adulthood. Parental influences are a strong factor in the emergence of perfectionism. Many parents give their children conditional praise. For instance, a child may receive praise when he receives an A on his report card and criticism for receiving a B. Some children see their mom or dad as a “super star parent” who seems to do everything perfectly. This can be a tough act to follow and give children a warped sense of their own accomplishments. Children who are overprotected often struggle with the confidence to handle things on their own. Some children see their parents seeking control over chaotic situations by making perfect those things they could control. For example, a mother may control her son by demanding she know where he is at all times because of her lack of ability to control how her husband works late into the evening on a regular basis.

There are other factors which continue to have a powerful influence later into adulthood. We often receive praise for a job perfectly done from others, such as employers or teachers. Many people also offer ridicule when a job is not perfectly done, and we may even receive punishment. Someone you know may have been turned down for a promotion to someone who spends regular overtime at the office. Many people also learn to give themselves praise only when they have measured up to a perfect standard.

### What Can Be Done About Perfectionism?

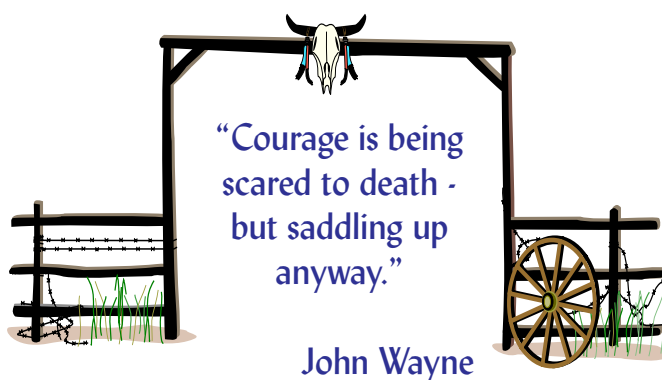
Perfectionism is like a double-edged sword; it is driven by both a desire to do well and a fear of the consequences of not doing well. It can be helpful to weigh out the advantages and disadvantages of living with perfectionistic standards. One advantage is that you will likely have a highly structured and organized way of getting things done. Perfect standards can also save us from having to take risks for the fear of not doing

it well enough to meet our standards. As previously mentioned, some of the costs of perfectionism include getting stuck on details, being overwhelmed with too much work, or rarely feeling satisfied with your work. Getting rid of perfect standards means deciding that the disadvantages are too many and the advantages are more important.

When critical or perfectionistic thoughts run across your mind it can also be helpful to challenge them with other alternatives. When you notice your thoughts saying things like “That is not good enough” or, “You really could have done better” counter the thought with something more positive. You might say to yourself “It does not have to be perfect to be of value.” You might also want to consider what evidence you have to support and not support your original thought.

It can also be helpful to think of your tasks on a scale of 0-100%. For example, one woman might define 0% success with her laundry as not doing it all week, with dirty clothes strewn throughout the house and her children wearing dirty socks. 100% success at laundry might be all the clothes clean, folded, ironed and put away. Rather than thinking of herself as a failure for not having the laundry 100% completed, perhaps she started the laundry but has not folded it yet which may earn her 50%. This is not a failure but a partial success!

Ramirez Brasco, M, Ph.D. (1999). *Never Good Enough: How to Use Perfectionism to Your Advantage Without Letting it Ruin Your Life*. Touchstone: New York.



## *Those Glamour Queens in Size Two Jeans*

by Nathalie Gottlieb

**Who are those glamour queens in size two jeans**

**MAKING ME LOOK IN THE MIRROR  
AND HATE WHAT I SEE**

*Making me ugly and awkward*

**MAKING ME EAT RICE CAKES**

*And whatever it takes*

**TO BE LIKE THOSE GLAMOUR QUEENS IN SIZE TWO JEANS**

*And who are they anyway?*

***Making me punish myself***

**hate myself**

**hurt myself**

*Because I have no will*

**LIKE THOSE GLAMOUR QUEENS IN SIZE TWO JEANS**

*And who are they anyway?*

*Making me eat my sorrow*

**eat my emptiness**

*eat my broken promises*

*eat because it hurts too much to cry*

***because its easier than fighting***

*because its easier than sitting down*

*On the warm solid earth*

*Taking a deep breath*

**And connecting to the warm solid earth**

**AND LOVING ME**

**AND WHO ARE THEY ANYWAY?**

**Those glamour queens in size two jeans**

*Making me feel alive when I'm thin*

**AND DISGUSTED WHEN I GIVE IN**

**To the temptations of sin**

*And WHY is it sin to*

*Feed our bodies*

*To FEED our bodies*

*To NURTURE ourselves*

*To LOVE bodies*

*To CONNECT with ourselves*

*To BE ourselves*

**And NOT one of those glamour queens in size two jeans**

*Westwind* eating disorder recovery centre

