

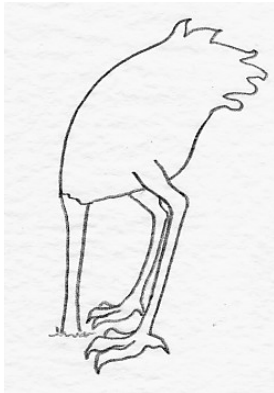
## Animal Metaphors for Caring

(Used with permission from *Skills-based Learning for Caring for a Loved One with an Eating Disorder: The New Maudsley Method* by Treasure, Smith, and Crane)

### 3 Types of Emotional Responses:

#### **The Jellyfish (*Too much emotion*)**

- Feels a lot of emotion and conveys a lot of emotion
- Struggles to keep own emotions in check
- Becomes distressed in response to loved one's distress



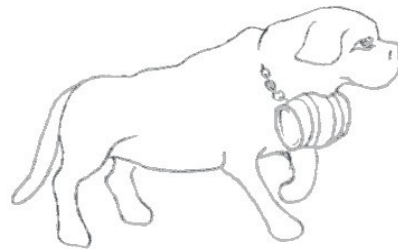
#### **The Ostrich (*Too little emotion*)**

- Avoids seeing, thinking, and dealing with emotions
- Supports the family using practical strategies

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#### **The St. Bernard (*The goal*)**

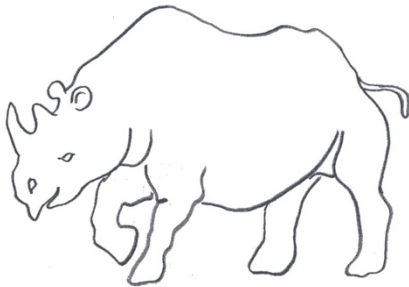
- Responds with calmness, warmth and compassion
- Approaches emotion with interest and affirmation



### 3 Types of Caregiving Styles:

#### **The Kangaroo**

- Seeks to *protect* loved ones from both the experience and pain as well as the challenges of life
- Tries to prevent pain and works hard to “make everything right”



#### **The Rhinoceros**

- Attempts to persuade and convince by argument and confrontation
- Frequent use of *logic*
- “Charges” into coercive circles

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#### **The Dolphin (*The goal*)**

- Provides gentle guidance, security, and safety
- Does not over manage but will take the lead when needed
- Offers a balance of caring and control

