

# Roadblocks & Challenges

Once you have identified your contributing factors, you can begin to recognize roadblocks and challenges that may hold you back from recovery and progressing with treatment. These barriers may be present throughout the recovery process or just show up briefly at certain points. Here are some examples:

## Personal Barriers

- ▶ Lack of support (family, friends, work or school)
- ▶ Shame and/or denial; difficulty accepting treatment and help
- ▶ Fear of, or resistance to, giving up the eating disorder; loss of control
- ▶ Inaccurate self-diagnosis
- ▶ Trauma from past treatment
- ▶ Lack of trust in providers or those encouraging treatment
- ▶ Concerns of giving up freedom and independence with treatment

## Cultural Barriers

- ▶ Stigmas, shame and fear of judgment
- ▶ Emphasis on thinness and fat phobia; social media and peer pressure
- ▶ Belief you're "not thin enough" to have an eating disorder
- ▶ Toxic masculinity, which deters men from acknowledging an issue or seeking help
- ▶ Lack of accurate nutrition information
- ▶ Lack of eating disorder awareness and how to seek help

## Financial & Logistical Barriers

- ▶ High expenses for adequate and thorough treatment
- ▶ Inability to take off time or limited availability from work, school, or other responsibilities (i.e., parenting, pets, caregiver, etc.)
- ▶ High deductibles, out-of-pocket expenses, copays, etc.
- ▶ Difficulty paying bills and rent when not working while in treatment
- ▶ Taking a break from sports and athletics; pressures of scholarships and commitment

## Healthcare & Systemic Barriers

- ▶ Access (or lack of) to appropriate care
- ▶ Waitlists for all levels of care
- ▶ Inadequate or lack of mental health intervention; not treating co-occurring conditions
- ▶ Limited knowledge of eating disorders in many clinical settings; lack of screening and identifying red-flags for eating disorder behaviors or need for intervention at primary care and family doctor visits
- ▶ Lack of standardized treatment protocols

# Roadblocks & Challenges

What are your own personal roadblocks and challenges? Your contributing factors can also hold you back from recovery and treatment progress. By identifying your barriers, you can recognize when you may be struggling, at greater risk for relapse, or at a standstill in recovery. Write down factors that impact you the most and include examples as able.

## Personal Barriers

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## Cultural Barriers

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## Financial & Logistical Barriers

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## Healthcare & Systemic Barriers

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