

**Some Hope-Filled Messages from Family and Friends  
who have attended “FED UP? Get FED!”**

*I have learned that no matter how hard I try I can't read her mind, know exactly what to say, be there all the time, or fix this. It's a great way of feeling powerless, but in a good way because I'm not always trying to hold everything together.*

*I'm more emotionally equipped to deal with this horrible illness and my beautiful daughter. I want her “fixed” but now realize it's a long complicated recovery. Thankfully, we'll do it together.*

*Finding out how an AN brain works and what they are feeling really helps on our end. We usually hear “I don't know why” 100 times.*

*It was helpful to understand what is going on their heads throughout the day. I liked learning the importance of validating both her feelings and mine. I liked the importance of being genuine with what I say, not trying to memorize the “right” thing to say. I feel I can let her know how it makes me feel what is going on with her and support her when she needs it by using the information....*