



# **Managing Comments About Weight and Eating**

**It is no one else's business what you choose to eat or how much you weigh. Comments about this are inappropriate. The more you are willing to speak out and advocate for yourself, the sooner these family members will stop behaving this way and treat you with respect.**

1. Manage your thinking. There is a lot in life that we can't control. You can't control what your mother or sister says to you. You CAN control your thoughts and your reaction. Remember that what they say is really about them and not you.
2. Be prepared. Don't worry and imagine the worst, but think about what people have said in the past or might say that you feel would be inappropriate.
3. Talk ahead of time with the person who has made these comments in the past.
4. Prepare responses to the usual or expected comments. See examples below.
5. Change the conversation If you're uncomfortable addressing the problem head on, ignore it and ask people a general question like who has traveled some place interesting, seen any good movies, etc.
6. If the person making the unwelcome comment is someone you can trust, consider talking with them about your struggles with your relationship with food and what you're doing to heal it. You can let them know that you're working on ditching the diet mentality, and all of this diet and fat talk makes it harder.
7. Set boundaries. A boundary is a kind-hearted request to someone to do or not do something that directly affects you, and there is a consequence for it that requires you to take action if they violate your boundary. For example: "Mom, I would like you to respect me by not mentioning what I choose to eat anymore. If you continue to comment on my eating, I will not spend time with you doing anything that involves food. I love you and we'll still get together but I won't come for holiday meals or go out to dinner with you." You're telling that person

that your boundary is not talking about your eating, and what action you will take if they violate your boundary. The important thing is to follow through with the consequence! Good boundaries make good relationships.

8. Opt out: As an adult, you do not have to attend events where people, including family members, don't treat you respectfully.

## RESPONSES TO COMMENTS:

1. Thank you, but I do own a mirror and know what my body looks like, so I don't need anyone else to tell me their opinion about it.
2. Maybe you mean well, but when you comment on \_\_\_\_\_, it makes me feel terrible and disrespected. I care about our relationship and don't like when I feel negatively about you.
3. If you really want to help me, the best way is to stop commenting about what I choose to eat.
4. I know you care about my health, but when you say negative things like that, it only makes me feel bad about myself, and I'm working on not turning to food for comfort.
5. Thanks for your concern, but comments about my weight only makes matters worse so I would appreciate you not talking about my weight again.
6. What I eat is my own business. Perhaps you should focus on your own eating.
7. I've taken a pledge to end fat talk. I hope you will consider doing the same. Fat talk is bad for women, it's never helpful, and it can cause people to have eating disorders, which can be life threatening.

8. Did you know comments like that have been proven to cause eating disorders, and that eating disorders among middle aged women are actually on the rise? I don't think you want to be responsible for that!
9. Maybe it was socially acceptable when you were my age, but commenting about someone's weight or what they are eating is now considered rude.

---

© 2018 Shari Broder | [sharibroder.com](http://sharibroder.com)  
ALL RIGHTS RESERVED

No portion of these materials may be copied or re-published without the written permission of the copyright holder.