



## **Involving Others in Your Weight Control Program**



One of the most powerful things you can do to help with your weight control efforts is to get support and encouragement from other people. When friends, loved ones, health care workers and others give you lots of encouragement, it makes you feel like you can do anything! It's really motivating! Here are some tips for making that happen:

- ❖ Actually ASK someone, or several people, to encourage you in your weight control efforts. Only ask people who you know will be positive and supportive, not critical.
- ❖ Have a frank discussion with these people about your weight control concerns, struggles, and efforts. Tell them what you have been experiencing with your weight, so they know what your concerns are.
- ❖ Most people enjoy feeling helpful to others. So, tell them exactly what they can do to be helpful. Be specific. For example “Ask me how I am doing, and then listen”, or “Please don’t offer me junk food”.
- ❖ Let them know that their support is extremely meaningful to you, and that you need their encouragement for the long run, not just a few weeks.
- ❖ Even if a support person fails to ask how you are doing, go ahead and tell them! That starts the conversation, and provides the opportunity to get some encouragement.
- ❖ Give back in return. Reward your support people with your attention, and your support for them. Nourish the relationships.