



Understanding and Being Understood: **Obesity**

Do you think people around you understand what it is like to worry about your weight?

- Why do you think that?

What frustrates you most about the way people treat you around your weight?

Have you asked those closest to you for help to support your efforts to live a healthier lifestyle?

- If yes – what happened?
- If no – why not?

In an ideal world, what would you like to be different about the way those closest to you help you manage your weight?

What is the one thing you would prefer they did NOT do?

What is the one thing you would prefer they DID do?

If someone close to you had concerns about their weight:

- How would you feel?
- What would you want to do to support them?
- How do you think you could do that?
- Do you think they would be happy about the way you went about it?

Think of ONE thing that your family do regarding your weight that bothers you.

Think of ONE thing that your family do regarding your weight that helps you.

How will you turn the things that bother you into things that help you?

What would need to happen for you to feel more supported?