

OBJECTIVES

- To help participants understand that other people can create high risk situations for overeating.
- To teach participants techniques they can use to prevent other people from influencing them to overeat.
- To teach participants techniques they can use to solicit the support of other people in their weight loss efforts.

KEY IDEAS

- Other individuals can influence you to eat in the absence of hunger. These individuals may be using an active approach (pushing food) or a passive approach (eating tempting foods in front of you.)
- There are techniques that can be used to prevent other people from influencing you to overeat.
- Getting support for your weight loss efforts from other people in your life can help you lose weight and keep the weight off.

NEW HABIT FOR PARTICIPANTS TO DEVELOP

Learn to deal with people who influence you to eat when you are not hungry.

PREPARATION

1. Read through the following plan and the corresponding section in the **PARTICIPANT NOTEBOOK** to familiarize yourself with this session. Review the **Trigger Video Leader Tip Sheet** found on the **Leaders Only** section of the **LIFESTEPS** website.
2. Obtain the following supplies to conduct this session:

Equipment and Materials

- **DEALING WITH OTHERS: THE DIET SABOTEURS** video segment
 - Equipment for showing the video segment
 - **FOOD AND ACTIVITY RECORDS** (one for each participant)
3. Before the session begins, set up the equipment and cue the DVD to the appropriate place.

***NOTE:** For next week's session, you will need actual restaurant menus. You may wish to ask participants to assist in gathering menus.*

SHOW VIDEO SEGMENT

5. Before showing the video segment, ask the participants to take note of anyone who encourages the person watching his/her weight to eat whether actively or passively. Show **DEALING WITH OTHERS: THE DIET SABOTEURS**.

After viewing the video segment, ask participants if similar situations have ever happened to them. Give them a few minutes to share their experiences.

6. Go back and analyze the video segment with participants. Discuss the questions below:
- Which people actively encouraged eating? (In the first vignette: the mother; Sarah, the wife; the son. In the office vignettes: office manager and Gary)
 - Who were the people who silently encouraged eating? (In the office birthday vignette: Monica who kept eating cake and nodding encouragement in front of Rich, the dieter)
 - How did they push food? (Accept all responses.)
 - What do people often say when they are urging you to eat? (Accept all responses.)

TAKE ASSESSMENT

7. Ask participants to turn to page 12.1 of their notebooks and complete **Where Are You Now?**
- Sometimes it's easy to identify the people who are interfering with our eating plans. They bring food into our lives and encourage us to eat.
 - Other people can interfere with our progress in much more subtle ways.
 - If you have people in your life who tease or criticize you for being in a weight loss program, they can slowly sabotage your motivation and confidence and, ultimately, your success.
 - Is there someone in your life who you care about, but who has totally ignored your weight loss efforts? This lack of attention can take its toll on your motivation, if you let it.
 - Is there someone in your life giving you a mixed message – praising your efforts and progress but offering you food anyway?
 - Are there people in your life who don't push food, but make it difficult for you to stick to your plan because they eat a lot of high calorie foods in front of you?
 - For each of you, there may be one or more people who, in one way or another, are getting you off track from your eating plan.