

STEP 12: MANAGING LAPSES – Dealing With Other People

12.1

DEALING WITH OTHER PEOPLE

Learn how to handle family, friends, or co-workers who pressure you or tempt you to eat when you are not hungry.

WHY THIS WILL HELP YOU LOSE WEIGHT AND KEEP IT OFF

Sometimes you may let other people interfere in your weight loss progress. These people might be family members, friends, or co-workers. Typically, they are people you see often.

Some of these **eating influencers** may deliberately try to get you off your eating plan. They will encourage you to eat and/or make you feel bad if you don't. Other people can influence you simply by eating tempting foods in front of you.

It is important to learn how to deal with other people who create high risk situations for you. It is also important to identify people who will support you in your weight loss efforts and to ask for their assistance.

WHERE ARE YOU NOW?

Are there people in your life . . .

. . . who know you are trying to lose weight, but offer you tempting foods?	YES	NO	MAYBE
. . . who show their feelings for you by feeding you?	YES	NO	MAYBE
. . . who envy your weight loss and would like to see you stop changing your behaviors?	YES	NO	MAYBE
. . . who tease or criticize you for being in a weight management program?	YES	NO	MAYBE
. . . who know you are working on losing weight and ignore your efforts totally?	YES	NO	MAYBE
. . . who don't push food but eat tempting foods in front of you?	YES	NO	MAYBE

If you answered “**YES**” or “**MAYBE**” to one or more questions, other people may be influencing you to eat. The information on the following pages will help you discover ways to reduce the power of these people – and possibly turn one of them into a weight loss supporter.

12.6

MAKING YOUR PLAN

This week decide which **Behavior Change** you want to make. Then fill in the appropriate box.

- Deal with an **Eating Influencer**.
- Ask someone to support you in your weight loss effort.

<p>Eating influencer: _____</p> <p>Strategy to deal with influencer: _____</p> <p>_____</p> <p>_____</p> <p>Back-up plan: _____</p> <p>_____</p> <p>_____</p>
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<p>Potential support person: _____</p> <p>What I want them to do to help me: _____</p> <p>_____</p> <p>_____</p> <p>Back-up person: _____</p>
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