

Support Team

Relationships and the Buddy System

Worksheet #8

The people in your environment—even the environment itself—play an influential role in your ability to continue to maintain your weight. People can offer you encouragement, give your feedback, and notice changes. They can also help make your environment maintenance friendly, such as not bringing donuts to every staff meeting, or limiting the purchase of junk food at home. Weight issues exist everywhere in our environment. Who and where can you find support?

Family
List the family member that can be a positive influence on your weight control efforts?
Friends
Your friends are the people you have connected with and have selected to be a part of your life, and you might find it easier to share concerns about your weight and how to maintain it with them. Be careful, because some friends may react differently to your weight loss and might unconsciously sabotage you if they feel threatened or jealous of your success. Trustworthy friends to turn to are:
Co-workers
Some workplaces offer health promotion programs. You might have a ready-made program to join at work or may have co-workers who have similar problems with their weight. Describe your work environment and whether it is helpful or not helpful in supporting your weight maintenance.
----- Name a colleague who could be a support person or who is already:
----- What can you do together at work to support healthy behaviors?
Community
Getting involved in activities or groups outside your family and friends can give you another source of support. Clubs, classes, gyms and church can reinforce healthy interests. What groups are you part of or would be helpful in building your motivation and self-confidence?

Self-Support

You must believe in yourself and be positive and encouraging in your thoughts. Be your own best friend. You also need to learn to ask for support. No one can read your mind—be specific about what you need from your support people. Ask for feedback and encouragement and how it should be given. What could your support person say to be encouraging?

Learn to cope with non-supportive or sabotaging behaviors.

Describe a sabotaging behavior and how you will handle it:

List a person to participate in healthful activities with you.

List another person to help you limit using food as a reward.

Look at food and its part in your relationships. Do family members serve high calorie foods when entertaining and pressure you to eat? Do co-workers often talk about food and make poor lunch choices? Discuss.

Professional

Who helps you with your weight efforts on a professional level?

Take a moment to appreciate how using this plan is supporting your success. How does your professional support help you?

Buddy System

Seek out a particular person (or even a group) and ask for specific support. You will want it to be someone who is a positive influence and can commit to be available as you require.

How could this person be an active participant in your success?

Now that you know what you want, you will be able to practice asking this person for their support. Remember to be specific and goal oriented.

Example: "My sister struggles with her weight just like I do. I don't get to spend much time with her due to our busy family lives. Both of us need more exercise, and we love music. I noticed a listing for a beginner's aerobics class nearby offered in the evening. I'm going to ask my sister to come with me—I might even offer to pay her fee! This would get me started on a regular exercise program, and I'll feel good about my health and my connection to her."

Now it's your turn to find a buddy! Describe what you will do together: