FAMILIES and friends are often a source of great support in weight loss efforts. Unfortunately, they can also make things difficult. We’ll be discussing ways of communicating your need for help later, but first complete the following worksheet to better understand what they’re doing right and what areas need improvement.

<table>
<thead>
<tr>
<th>Ways my support system helps me</th>
<th>Ways my support system gets in the way</th>
<th>Ways I can get the help I need</th>
</tr>
</thead>
<tbody>
<tr>
<td>Take over responsibilities so I can come to sessions</td>
<td>Continue to bring home food I am avoiding</td>
<td>Let them know I’d like their help. Ask them to help me in a specific way. For example: Ask them to bring home food that would better support my weight loss efforts. Suggest options that might work for everyone.</td>
</tr>
</tbody>
</table>
**EXAMPLE SITUATION:**

- Cindy goes to a baby shower for a friend where there is a lot of delicious food. She feels pressure to eat as much as everyone else. Cindy ends up eating way more than she planned or wanted to.

  **This is: Cindy’s behavior**

- When Cindy leaves the shower, she begins to think:
  “I ate way too much.”
  “I am a total failure.” “I’ll never lose weight.”
  “Why even bother trying?”

  **These are: Cindy’s thoughts**

- As Cindy reflects on these thoughts, she begins to feel guilty, sad, and frustrated. By the time she gets home she is down in the dumps.

  **These are: Cindy’s feelings**

- After overeating at the shower, how could Cindy have changed her thoughts so she didn’t end up feeling so miserable?

- Even if Cindy did overeat at the shower, how could she have changed her thoughts so she didn’t end up feeling so miserable?

- Even if Cindy still feels down when she gets home, what are some behavioral things she can do to feel better?