

LOG OUT



BROOKLYN_BORN

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“Maybe you just lowered your standards”

Tuesday, September 25, 2012

That was the reply of my 14 yr old son in 1989 as we ran around the track at the gym. I had mentioned that I weighed 20 lbs more than in college and I thought I looked pretty good.

I laughed and thanked him for his honest opinion, but I still thought I was fine. Because I was active and fit, I always got positive comments. I kept this good opinion of myself for another 20 years as more pounds piled on. My son went away to college, married and moved far away. No more honest opinions from him.

So, I am the oddball here. No yo-yo dieting. No negative body image. Just blissful, ignorant complacency until 2008-2009 (explained in earlier blogs).

Negative comments can be hurtful and usually they are meant to be, no matter how thinly veiled. But false praise is detrimental too, no matter how well intentioned, especially when it's something we want to hear.

May we all have family and friends who support us and give positive encouragement, but also love us enough to tell us the truth.

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CELIAMINER

I'm not sure I really wanted my husband to be honest, but I expected my doctor to be, and he never mentioned my weight till I lost it. THEN he commented. I wonder if I would have started earlier if he had given me a wake-up call. Just some Monday morning quarterbacking.
3184 days ago



MISCHAKEO

Great blog. Family support is the best.



3184 days ago





ANDASI



3184 days ago

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