

BROOKLYN_BORN

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Where have all my old friends gone? Day 12

Thursday, May 19, 2016

"My live-in BF calls me fat chick" - That was one line of the last blog of an old spark friend. It was no surprise then that she became inactive before reaching her goal. The blog didn't say she was leaving, so that wasn't her intention at the moment she last blogged, but living in that atmosphere must have been toxic.

Personally I would have stayed on SP and gotten rid of the BF. I am very much aware of the negative effect of hurtful words. Sadly, hurtful words are everywhere. Some can even be disguised as compliments. I remembered one of my own experiences, ironically involving swimming - the subject of yesterday's blog.

Yesterday I wrote about being inspired by an old friend's page to try swimming again and I "dug out an old suit." It's over 5 years old and the elastic has deteriorated in places not from wear but from age.

I remembered the first time I wore it. I bought it soon after reaching my goal weight and I was excited to try it out as well as test my seldom used swimming skills.

In the locker room a woman said to me, "That's a great suit when you're SMALL on top"

She couldn't have stopped at the first 4 words? In my best Miss Manners' voice I replied "thank you for noticing." Since she wasn't small anywhere, I could have said "and your suit supports tummy rolls so well" but I didn't. I wouldn't! EVER!

Body shaming bullies come in all shapes and sizes. It is just as bad to tell a slender woman to "eat a burger" as it is to tell an overweight/obese woman to "eat a salad"

SP is a supportive community. Unfortunately we have to live in the real world. So we need the protective armor of supportive friends to deflect the hurtful barbs we may hear elsewhere.

For the record, here's the suit.

It's great for swimming. It stays in place regardless of what your "top" looks like.

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You can see where the elastic has deteriorated, but the suit still has a lot of life left in it. If I stick with this swimming routine maybe I'll shop for a replacement.

Now for today's data.

10 Active & 10 Inactive/Missing - 50% still active

Summary so far

105 of 210 still active – 50%

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JEANKNEE

You look great! And, nice swim suit.



This blog strikes a chord for me. When I am thin the nastiness from others can get pretty intense. I did not get that as an overweight/obese person. As I've returned to being thin, the comments I heard as a young person are being heard again. It's easier to take now and I realize that their hurtful comments say much more about them than they do about me.

1845 days ago



CHANGINGHORSES

You look great! Keep up the awesome work!
1848 days ago



GINIEMIE

The suit looks good on you, and I think you look fabulous. Now hoping the suit lasts till this years go on sale-may as well get a bargain with a new suit.
It's cool, wet and rainy here so I shan't be swimming anytime soon. Next week I have pool duty.



We shall see.   



1849 days ago



BBEGAN

I love SUNNYCALIGIRL's take on it! May that woman have freed herself of the mean-spirited BF. And your suit is lovely!
1849 days ago



DOVESEYES



1849 days ago



ANGIEN9

I think you look great!! So does the suit for being 5 years old!!



The stats are not too bad today.

Why do people have to say such hurtful things to others? I like the spark world, but must live in the real world. Sorry that women had to say such a hurtful thing!

Angie



1849 days ago



ONEKIDSMOM

That's a great suit, and you look amazing in it! Glad you're rediscovering the joy of a good



swim!


1849 days ago



BLUEJEANS27

Love this blog, lots of things to think about!



And you do look amazing in that suit! 

1849 days ago



LIVEDAILY

You look GREAT in that suit!! You can tell you have a runner's and a swimmers body. Hope the suit lasts while you look for a new one!



1849 days ago



CD4114015

WOW! And look at YOU! You LOOK  and great blog as usual!



1849 days ago



PHOENIX1949

My Mom dubbed someone else in my life 'The Queen of Backhanded Compliments' and encouraged me to let the double-edged outbursts roll off my back.



Nice suit.



1850 days ago



PHEBESS

That's a wonderful suit, and you look so sporty in it!!! (Which probably made her so jealous.) I like those higher neck suits for pool and lap swimming, they seem to emphasize shapely shoulders or something like that.



And yeah, I've had suits wear like that - either overuse or age will deteriorate the fabric. If it gets too thin, I've seen people just wear two thin suits - sort of like a slip under a sheer dress. I've never tried it, I usually turn the old suit into cleaning rags and just buy a new one.

1850 days ago



SWEETENUGILL

The swimsuit is really cute, and you look fantastic in it!
I agree with the body-shaming comments - when I was last at my lowest, I got sick of my 'friend' saying I was getting too thin. I no longer mention diet or weight to her (learned my lesson) and if she says anything about me losing weight, I deny it!



1850 days ago



WUMPASTAR

That bathing suit is fabulous! I love it!!!

1850 days ago



SUNNYCALIGIRL

That suit looks great on you--you look great! You are so right, the world is full of hateful people. I feel sorry for the woman who left SP rather than leave her nasty BF. It can really be difficult to leave a toxic situation! Especially if you are living with it. It can also be hard not to go back to it without a support system to take it's place. I know from experience. Words can be just as toxic to your mind as a fist is to your body.

Here is my wish for said woman__she left SP not because she was intimidated into leaving it. Not coerced into leaving it. She left SP because she DID leave nasty BF. She isn't online right now because it was his electronic device she was using to be on it in the first place. She is living mean, lean and close to the ground out of necessity; but she is growing, free from hate, and has all the support she needs to get back on her feet and shine, SP or no SP!

1850 days ago

Comment edited on: 5/19/2016 11:34:08 AM



LIVINGLOVINLIFE

The suit looks great on you and looks perfect for swimming. Love the hi front. Being large up top I always look for a hi top but alas they are rather hard to find in my size as I am very large. Why do think a large woman wants a dress to swim in. Yuc! You did well not to respond to the comment. Some people just have to say something mean.

1850 days ago



CD1663328

You look awesome in your swimsuit. Some people can be harsh, but you have to stay to your own convictions.

1850 days ago



HELEN_BRU

She was probably really thinking she couldn't put herself into that suit, because she was too big! I don't think she meant anything personal by it. Just a bad choice of words.

1850 days ago



WILSONWR

You look great! The awful comments were definitely jealousy. I don't know why some people feel the need to insult others to make themselves feel better...

1850 days ago



MISCHAKEO

You look lovely in that suit.

1850 days ago



CAROLCRC

Last time I swam someone commented that I had a 'lovely, smooth, relaxed stroke'. However he followed it by saying "you swim like me - nice and easy and it takes forever to get to the end of the pool!"

Ugh.

You look great!

1850 days ago



EMBRACEINSPIRE

Well Said!


I despise "conditional compliments" and passive aggressive behavior.



The woman's

comment to you was, of course, due to her own insecurity. I think, as many women know, the breasts are usually the first to "go" when losing weight. I, too, am "small up top" and actually have always preferred it-- we get the best bras (designs/colors) and I can usually put them in most tops and plus-- no back pain. But I would never take away from the more endowed ladies-- We are all who we are-- what we were blessed with, is just that-- OURS! I wish people (women, especially) would spend more time building each other up than trying to tear one another down.

Regarding the SparkFriend-- her boyfriend was just unkind. You don't treat someone you care for in that manner. I must say, I am truly blessed-- my husband has never made me feel "less than" for this weight gain and has been incredibly supportive at every avenue-- he's even eating mushrooms and zucchini (which he used to despise-- but has even commented that "my" zucchini

 LOL)

is delicious!
I think it really can make or break a person having a support system-- it's so sad that she wasn't getting that at home. Wish she would have stuck around so we could have been that for her!

P.S. You look amazing!!!!!!!!!!!!!!!!!!!!!!
1850 days ago



WATERMELLEN

You look so pretty in your swim suit!



I'm absolutely sure that the nasty comment was . . . jealousy!!! And yay you for NOT responding "in kind" but kindly. Never easy to do when provoked!!

Pretty is as pretty does!!
1850 days ago



KATHYBENNETT

Looks good to me.



1850 days ago



KRISTENCRAIG87

Loving the SP life! 😊



1850 days ago



HWALKER54

Great post! We should never let anyone discourage us from reaching our goal! Bathing suit looks awesome!!!



1850 days ago



50YEARSAWIFE

50/50 is pretty good.



1850 days ago



KDAVIS836

Not to bad.



1850 days ago

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