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# Mommy, I hope God is nicer than him

Info

Friday, January 15, 2021

That was the comment of my 4 year old son when he was lying on the couch sick one Sunday morning. I hadn't noticed that his cartoon program had ended and he was watching a local preacher known for his fire and brimstone delivery.

Forty-one years have gone by and our family still uses that phrase whenever we encounter someone whose advice is presented in an unnecessarily harsh, mean spirited, arrogant or ridiculing manner.

There are some situations where a severe approach is warranted. Marine drill sergeants have developed their tactics over generations of practice. Parents have employed "tough love" when demanding uncompromising adherence to house rules.

However, in the majority of cases, a positive, supportive approach is much more successful. I'm not talking about false compliments or denial of a problem, but the wrong tone can make the recipient of the advice tune out the message.

Fast forward to 1989. My son was now 14 We were running around the track at the gym.

Me: (looking at myself in the mirrored walls)

"Gee, Bobby, I weigh 20 pounds more than I did in college and I think I look pretty good"

Bobby: (giving his customary honest opinion)

"Maybe you just lowered your standards?"

I laughed and thanked him for his observation, 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.

I continued in my blissful, ignorant complacency with no more honest opinions from him No negative body image, no attempt to lose weight until December 2008

This photo of my AHA moment is on my page so I will remember it forever.



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The grimace like smile is me wondering why the 5k I had just run was so slow.

Looking back to 1989, I know I wasn't ready to do what it takes to lose any weight at that time, but I wish I could at least have figured out how to stop gaining.

Negative comments can be hurtful and often 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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### DONNA\_CPS2



Thanks for sharing this!♥
135 days ago



# USAF-RETIRED

Love your ability to put thought into words.

135 days ago



### MTN\_KITTEN

As someone who would tell a loved one they have spinach in their teeth ... loving truthful words can be appreciated.

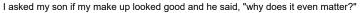


142 days ago



#### **AMUSICALLIFE**

Boys....
I have a few of those.



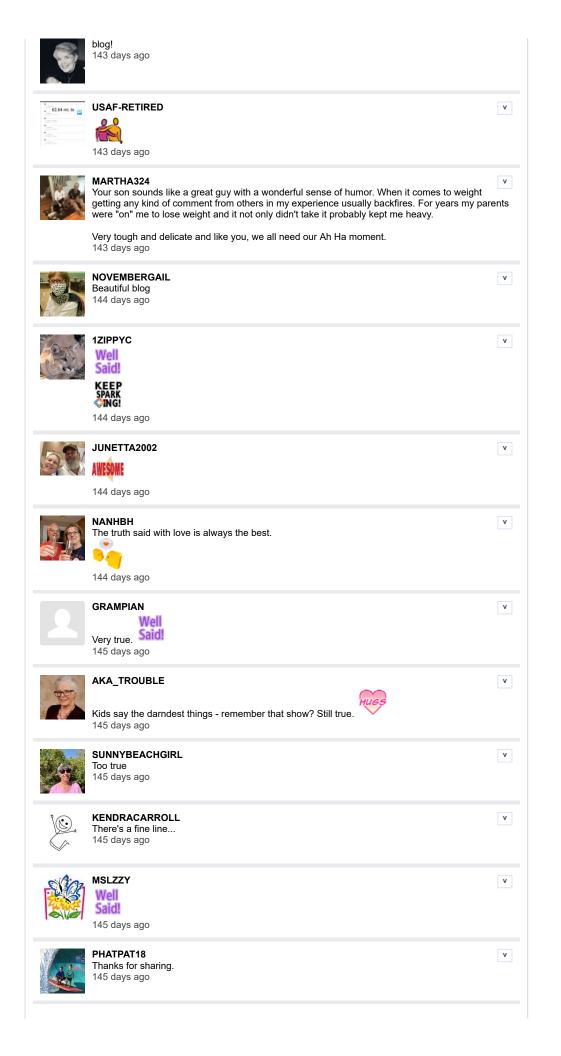
I laughed so hard. ugh.... I responded with "I know I am not 21 anymore but I still want to look nice."

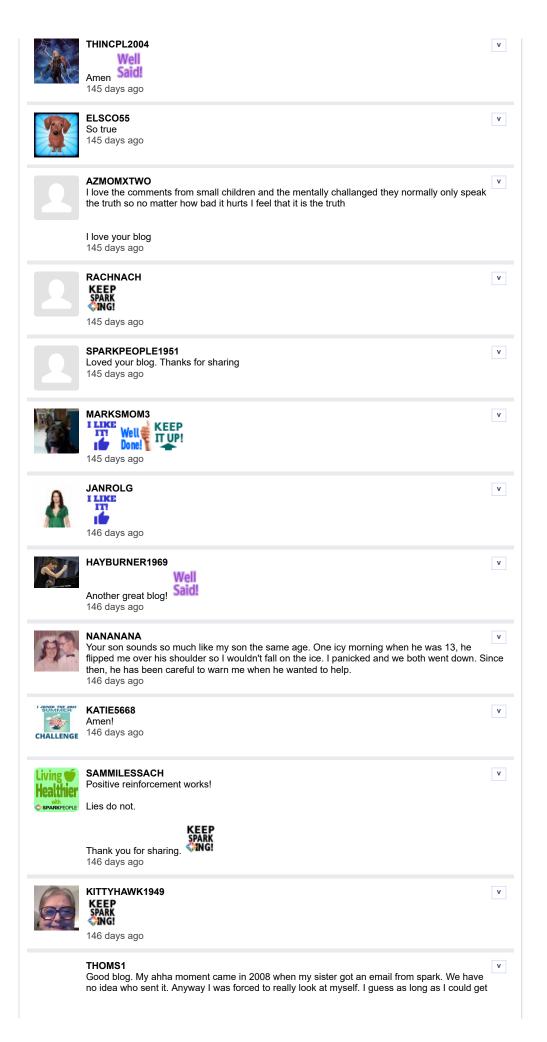
Boys... too honest for their own good.

142 days ago

# LGRIF22

I think most of us have been there. I never really thought I was very overweight, but I did weigh 35 lbs. more than when I was in college. I find I no longer try to weigh what I did then...as well as when I was having my 5 children, but I try to find a happy, healthy medium. Thanks for your







clothes to fit I thought I was ok. Sad! 146 days ago





#### WHITECAT19

Wow! This is an excellent blog! Thank you for sharing your insight!









146 days ago



#### TERRIJ7

Any criticism, "constructive" or otherwise, is generally more easy to hear when it comes from someone who genuinely loves you.

146 days ago



#### **MSMOSTIMPROVED**

Out of the mouth of babes. I have more than a few of those pics where I just don't know how I got so heavy. I have always thought I was pretty cute when I pulled it all together to go out. Then I look at my picture and see that extra roll of fat the Spanx couldn't hold. I have already looked at my

pic from last year's birthday festivities and want a DO OVER. 146 days ago



#### SHAKERATTLEROLL

Good blog--yes the tone of a voice can make a person more apt to either take the advice or just move along. Sometimes it's hard to use the correct tone for what happens when you have some exciting new and you wan them to understand but due to the excitement it comes out more defensive again thank you for the reminder

146 days ago



#### **GRANDP**



146 days ago



#### THROOPER62



146 days ago



#### **ETHELMERZ**

I hope you shut the tv off, that your son happened to see, that stuff is garbage.

There have been Aha moments, taken note of them, lost weight, etc. A whole bunch of times in my lifetime. That's why this game is played, again and again. And why it's a billion dollar business. 146 days ago



# YELLOW09RED

Wonderful blog Eileen.





146 days ago



### PENNYSAVER2

I enjoyed your blog. Thanks for sharing.

146 days ago



#### SUSMANNIE

Wow. When all the pieces fall into place, then we are ready to see clearly. Nice picture of you and your daughter.

146 days ago



#### MILLER-S

In the pic you posted here, you actually look the size I would like to be.

Congratulations on all your progress and success. 146 days ago

#### 1DAY-ATA-TIME

. . out of the mouths of babes oft times come gems.

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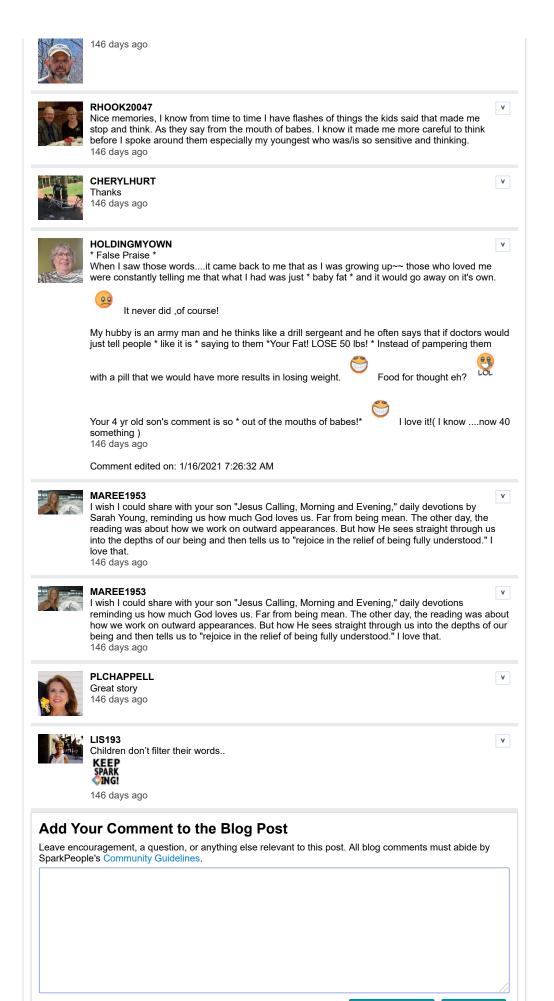
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Disclaimer: Weight loss results will vary from person to person. No individual result should be seen as a typical result of following the SparkPeople program.