

**FIERCE
FATTY**

DEALING WITH PEOPLE WHO STILL SUBSCRIBE TO DIET CULTURE AND FATPHOBIA

Workbook

Why is knowing how to handle others so important?



We are influenced by others, especially ones we love and respect



If we have the support of others in this journey it will make it a lot easier and will also deepen relationships



It improves our mental health, reduces stigma and shame which also improves our physical health (no matter your body size, weight stigma still has negative effects)

WHY PEOPLE THINK IT'S OK TO TALK ABOUT YOUR BODY OR FOOD CHOICES

- They are deep in diet culture and fatphobia and genuinely believe they are being helpful
- They are scared because of their fatphobia and want the best for you
- They have low self-esteem and gain something good from trying to make you feel bad
- They are trying to influence/manipulate you to do what they think is best
- They are trying to connect with you
- They are scared to see you make changes and want to control the situation
- They're rude and mean

Do any of these reasons make it ok?

Negative judgement increases shame and stigma and often has the opposite effect the person is trying to achieve

WHAT METHOD OF COMMUNICATION FEELS BEST FOR YOU?



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BE KIND TO YOURSELF!

**IF YOU DON'T SAY ANYTHING OR REACT
IN THE WAY YOU WANT TO REACT. THIS
STUFF CAN BE HARD.**

**WHAT YOU DECIDE TO DO IN THAT
MOMENT IS UP TO YOU AND CAN CHANGE
FROM DAY TO DAY, SITUATION TO
SITUATION.**

BOUNDARIES

Personal boundaries are guidelines, rules or limits that a person creates to identify reasonable, safe and permissible ways for other people to behave towards them and how they will respond when someone passes those limits. - Wikipedia

Boundaries are the lines you draw in your life that, when someone crosses them, govern what you do in response. - Coleen Mitchell

How do YOU feel about boundaries? What fears come up for you, if any?



Word Tracks

Direct

"Hey, I don't know if you know, but I am recovering from diet culture/disordered eating/body hate. Don't say XYZ when around me as it's difficult for me to hear"

Firm

"Don't talk about XYZ around me"

Playful

Begin to snore... "OMG, diet talk is so 1997!"

Gently

"Thank you so much for sharing about XYZ, I'm not really into it, maybe you should tell Susan, I know she loves XYZ. Hey, did you see the new movie at the cinema?"

Last chance

"I have repeatedly told you not to talk about XYZ and again you have disrespected my boundary, this is the last time I will remind you"

Word Tracks

Question (not as assertive).

"I'm working on loving my body/stopping dieting. Do you think I could ask those around me to help? How could they help?"

Curious

"I'm working on loving my body/stopping dieting and I wondered whether you could help me? Would it be reasonable for me to ask you to avoid talking about XYZ?"

**WHICH WORD TRACK FEELS BEST TO YOU? COME UP WITH
YOUR OWN VERSIONS BELOW**

HOW WILL YOU SET BOUNDARIES?



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WHAT IS THE JABB TECHNIQUE?



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CONSEQUENCES

- Reassert your boundary as many or as little times as feels good with you.
- Have a conversation again about why this is important for you
- End the conversation
- Walk away, go to a different room
- Spend less time with them
- Don't engage with them on a deeper level (because it's not safe)
- Take a break from the relationship - 1 hour - an undefined amount
- End the relationship
- Some boundaries carry immediate deal-breaking consequences

A BOUNDARY WITHOUT A CONSEQUENCE IS AT BEST A WASTE OF TIME AND ENERGY AND AT WORST LEADS TO LOWER-SELF ESTEEM, LESS RESPECT FROM OTHERS, RESENTMENT, AND UNFULFILLED RELATIONSHIPS.

WHAT CONSEQUENCES FEEL MOST ALIGNED WITH YOU?



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**BOUNDARIES
ARE AN ACT
OF LOVE**

HOMEWORK



1. Do you have any boundaries that you need to set that you've been putting off?

2. How will you set those boundaries and what could be the consequence if they don't respect your boundary?

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Fatty hugs,

Victoria Welsby



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