



Social Support

My friends and family want me to be healthier. But they might not be supportive all the time. They may eat something unhealthy in front of me, give me candy as gifts, or complain about what's for dinner. These could be a result of my old habits or their way of showing they care. I should be assertive and tell them how to better support me:

- Give me flowers instead of candy as gifts
- Praise me for my efforts and ignore my slips
- Offer to go for a walk with me
- Set up activity times together instead of dinners out
- Participate in a friendly competition with me

Who is supporting me now?

How can my friends and family better support me?
