







# HOW TO NAVIGATE UNSOLICITED COMMENTS WITH FATPHOBIC FRIENDS & FAMILY DURING HOLIDAYS

Need ideas for responding to unsolicited comments? Here are some to try!




## “Wow, you look great! Have you lost weight?”

- NICE**  It's good to see you too! I'm choosing to focus on things other than my weight.
- ICE**  Please don't comment on my body, and don't assume that thinner is better.
- SPICE**  Nope, still fat! Let's talk about something more interesting.




## \*Someone makes a comment about something you put on your plate\*

- NICE**  \*smile\* Doesn't it look delicious?
- ICE**  \*stare\* Don't be rude.
- SPICE**  \*raise an eyebrow\* Why would you think my food choices are any of your business?




## “Oh, I can't eat that...I'm trying to be good this month and avoid all bad foods.”

- NICE**  Food is morally neutral, not good/bad. And no one is good/bad for eating a certain way.
- ICE**  Stop moralizing food. It's harmful to talk about food as good/bad, and I won't let you talk this way around me/my children.
- SPICE**  Oh no, do you see a moldy bit?

## “You shouldn't wear that — it makes you look huge.”

- NICE**  This is what I felt like wearing today.
- ICE**  I don't appreciate being told what I should or shouldn't wear.
- SPICE**  You shouldn't say things about people like that — it makes you sound like a jerk.

## “I'm going to have to watch what I eat once the holidays are over.”

- NICE**  Let's just enjoy this delicious meal and the good company!
- ICE**  Why? Can you explain specifically what you mean?
- SPICE**  Oh, haha, I know what you mean — so you don't start to look like me.

You have the right to set boundaries. Whether you choose NICE, ICE, or SPICE, don't be afraid to push back against diet culture and fatphobia during holidays!