

# MANAGING COMMENTS FROM OTHERS

MaKai Nutrition LLC

# MANAGING COMMENTS FROM OTHERS

## WHAT IS IN OUR CONTROL?

1. Set boundaries
2. Change the subject
3. Check-In
4. Journal about how it makes you feel/Self-advice



# EXPLORE THE COMMENTS YOU HAVE RECEIVED FROM OTHERS:

- 1.Comment:
- 2.How did you feel:
- 3.What action did you take (what did you say/do):
- 4.Was there any action you wish you had taken:

# SETTING BOUNDARIES PROMPTS:

1. "Talking about \_\_\_\_\_ makes me feel \_\_\_\_\_"
2. "I've been working on my relationship with food and would like your support by...."
3. "Moving forward can we not talk about x, y, z"
4. "I'm not sure how to respond to that as I've been trying to change my views on food/body"

REMINDER

**Setting a boundary is about self-care  
and not about making them  
understand.**



# BECOME AN ALLY

## CHANGE YOUR INNER CRITIC VOICE

Think about how you can become an ally for yourself when someone makes a comment. How can you change your inner voice even if you can't change those who make comments to you?



# CREATING YOUR NEW VOICE

**Comment:** Wow you just ate a lot!

**Ally Voice:** I ate exactly what my body needed for this moment and I know that what I need is not the same as what she needs.

*OR*

**Ally Voice:** When I get distracted and eat more than my body needs, I feel uncomfortable. I'll work on being more mindful in order to feel better.

# WHAT IF YOU DON'T HAVE A COMPASSIONATE INNER VOICE?

What is your inner voice telling you in those  
moments?

Would you repeat that voice to a loved one?

if you wouldn't... this is not YOUR voice  
Where did that voice come from?

Then identify what you would ACTUALLY say to  
a loved one. That is your voice!

Let's try it!



# TRUST YOURSELF

## HOW TO STRENGTHEN THAT INNER ALLY

If you don't trust someone, would you believe what they said? No. So that is why having trust in yourself to listen to your body and to heal your relationship with food is so important.



# TRUST YOURSELF

## HOW TO STRENGTHEN THAT INNER ALLY

How to build trust:

1. Positive affirmations
2. Reframe Thoughts Exercises
3. Meditation
4. Practice + Time = Confidence!





# Action Steps

Post in the Facebook group for accountability



## EXPLORE THE COMMENTS YOU HAVE RECEIVED FROM OTHERS:

Comment:  
How did you feel:  
What action did you take  
(what did you say/do):  
Was there any action you  
wish you had taken:

## PRACTICE BECOMING YOUR OWN ALLY

Think about how you can  
become an ally for yourself  
when someone makes a  
judgmental comment.  
How can you change your  
inner voice even if you  
can't change those who  
make comments to you?

*Questions? Thoughts?*