

Recognizing Saboteurs

Lesson 9

Life Steps

THE POLITICS OF RELATIONSHIPS

Many relationships are based on power and control. When efforts at weight management threaten to change the balance of power in a relationship, sabotage can occur. Why? Saboteurs are comfortable with the relationship as is and don't want things to change. Sometimes, they aren't even conscious of these feelings. Review the chart below to identify what saboteurs look like and how you can manage them.

SABOTEUR STRATEGY	TACTICS FOR MANAGING SABOTEUR
Bring you gifts of food.	Refuse to give in to temptation. Your needs come first.
Use 'guilt' to get you to eat.	Refuse to accept the guilt. Assert your right not to eat.
Eat your favorites in front of you.	Refuse to be manipulated by this 'friend'. Remove yourself from the situation and tell your friend to discontinue this behavior.
Leave your favorite food out on purpose	Refuse to be manipulated by these 'visual cues'. Remove the visual cues and/or remove yourself from the situation and tell your friend to discontinue this behavior.

ASSERTIVE COMMUNICATION

How do you assert your rights? What specifically do you say? Use "I" messages to assert yourself. There are three parts to the "I" message:

"When you..."

Describe in non-judgmental terms the other person's behavior that bothers you.

"Then I..."

Describe how the behaviors make you feel and how it affects you.

"I'd like/I'd prefer..."

Describe what you want to do about the problem and what you would like the other person to do.

SABOTEUR ACTION PLAN

In the space provided, identify one of your saboteurs, what tactics they use, and how you can effectively manage them.

Saboteur	Tactics Used	Assertive Communication To Managing The Saboteur
When you...	Then I...	I'd like/I'd prefer...

During the next two weeks, try out your strategy on your saboteur. Remember, you CAN do it!

