

HOW TO HELP ME LOSE WEIGHT

This is for my very supportive husband, wife, partner or friend.

Please help me lose weight by following these rules.

1. Don't Feed Me or urge me to eat.
2. Do not be critical if I have a bad day. No saying, "is that on your diet?" I know you are trying to help me, but it doesn't help. (no one does this perfectly) TRY NOT TO COMMENT!
3. COMPLIMENT, COMPLIMENT, COMPLIMENT me when I lose weight or do what I should. That's what will help me.