

# The Quick Guide to Building a Support Team

By Sandra Christensen, Medical Weight Loss Specialist , in collaboration with Cynthia Bengte, 25+ year psychotherapist and shame resiliency trainer.

We all need ongoing support to make changes and live a healthy lifestyle.

Support is not policing or chastising or telling you how you are failing. A support team builds up instead of tearing you down.

A good support team changes your life often in ways you didn't think were possible. But it takes the right people and the right roles to get the support you need.

## A robust team includes:

- Supportive family members
- Friends
- Co-workers
- Medical professionals
- Perhaps mental health professionals as well

*But it's not just anyone. You need the right people. Sometimes the ones closest to you are not the best choices for your support team.*

*Here's how to identify the right people for your team.*

## You need people who:

- ✓ Support your goals for your weight and health, not theirs
- ✓ Recognize that weight management is a marathon, not a sprint
- ✓ Honor your requests for healthy food when planning events
- ✓ Don't offer you unwanted temptations or put them in your vicinity
- ✓ Will be active with you (go for walks or bike rides)
- ✓ Stand by you through all the ups and downs

## 1 Who could fit these roles in your life?

## 2 What roles do you still need to fill?

## Need some help?

We go much deeper into how to form your support team, get people to support your goals, and even find the right professionals to help - all in [Food for Thought - Freedom from Weight and Shame](#). It's like an instant support team!

We'll guide you to finding your perfect support team.

Even your doctor may need some help. During the workshop, we'll show you what you need to know about the modern science of weight that even many doctors don't know. Then, we address how to help educate them so they can better support you.

online at [www.foodforthoughtsalon.org/freedom](http://www.foodforthoughtsalon.org/freedom)



# Food *for* Thought

## Freedom from Weight and Shame

Discover an integrated approach to freeing yourself from the burden of weight and shame. Break free of the weight-shame cycle, of feeling like a failure, and letting weight and shame get in the way of your life.

**June 5th, 9am - 4:30pm, Seattle, WA**

### You are not alone...

The emotional burden of weight is more common than you may realize. It can keep you stuck—physically and emotionally.

*It's time to stop letting yourself or anyone else shame you or define who you are based on your weight.*

We'll address the reality of weight. You'll discover why you aren't able to lose the weight you want no matter how many calories you cut or burn. We'll also address your shame triggers, the antidotes to shame, and how to thrive in a world that doesn't understand your weight challenges or how you are enough just as you are!

We bring with us years of expert knowledge helping hundreds of people struggling with weight and shame.

Whatever your weight is now, whatever your past success or failure with diets, whatever other people say about you, we are here to set you on the path to freedom from weight and shame.



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*Emotion Focused Therapist &  
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**Get the Full Details and Register at:**  
[www.foodforthoughtsalon.org/freedom](http://www.foodforthoughtsalon.org/freedom)