

HOW TO START THE CONVERSATION ABOUT WEIGHT

NEGATIVE NARRATIVE

HAVE YOU NOT TRIED.....?
DID YOU NOT KNOW.....?
WHY DIDN'T YOU.....?
IF YOU ONLY JUST..?

POSITIVE NARRATIVE

WOULD YOU LIKE TO TRY...?
DID YOU KNOW.....?
CAN WE TALK ABOUT THIS...?
HOW CAN I HELP YOU.....?

“The slimming world consultant said to me one week when I was disappointed –but you’re not really trying though are you?”

-Fidelma Maher ICPO

“I have been saying to my husband for years that a lot of people have fat phobia. Now the term is fat shaming. It’s real and it exists. Sadly among people we love”

- Orla Doris

“I can identify with this. I wont go on a plane for a foreign holiday until I lose the weight”

-Catherine O’Sullivan ICPO

“Self stigma is an internalised blame that eats away at our self esteem and self efficacy. It is like a voice inside our heads that tells us we are not good enough”

-Ben Whelan, ICPO

“Because I knew I might never get to see them live again I forced myself to go to see the Eagles in the Point Theatre. Worried sick, ignoring stares, and struggled to climb 35 steps to my seat, I realised they would not sound any better if I was 15 stone lighter. I had stopped living”

- Susie Birney ICPO/ASOI

“I promised myself so many things when I lost weight, one was to bring my child to a fairground so we could go on rides together for the first time”

-Bernadette Keenan,ICPO

“Another diet, how long will this one last? This is what I hear from my family”

-Catherine O’Sullivan ICPO

SELF INTERNALIZED STIGMA

WHEN I LOSE WEIGHT I WILL GO TO A CONCERT
WHEN I LOSE WEIGHT I WILL ENROL IN A COURSE
WHEN I LOSE WEIGHT I WILL WEAR BRIGHT CLOTHES
WHEN I LOSE WEIGHT I WILL USE PUBLIC TRANSPORT
WHEN I LOSE WEIGHT I WILL BE HAPPY