

Compliments—Risky Business

I've seen a lot of beginning lowcarbers get frustrated with the fact that they've lost <fill in the blank number> pounds and still certain important people do NOT compliment them.

But have you ever considered that if they didn't say anything to you about how FAT you were, if they didn't JUDGE you in any way when you were heavy, then perhaps they aren't going to judge you thinner either? That this is simply the other side of the coin—that your looks really aren't important to some people? Can you think of a compliment higher than that? (It's how you wanted them to feel when you were more overweight, right?)

Remember that making remarks about someone's appearance is risky business and that a lot of very very smart people refrain from it for some very good, actually polite, reasons.

I've also seen people get MAD at the WAY some people tend to make "back-handed" compliments, such as "How much weight have you lost, anyway?" I struggled a lot with comments like that for a long time at the beginning of this journey myself. But I've come to see that *most* people generally mean well, they're just try to be light, or clever, or original and sometimes it doesn't come out as perfectly as we think it should.

Even the compliments you DO get are going to trickle down and stop eventually, assuming you stay the course and succeed long-term with this. Living for compliments is also risky business.

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