

Setting Limits With Others

Recovery often requires changes in routine, language, and expectations around food. These changes may not be obvious to other people. Comments, questions, or advice are sometimes offered casually, but they can increase pressure and make consistency difficult.

Limits are not about controlling what other people think or say. They are about deciding what you will engage with and what you will step away from. Clear limits help reduce repeated stress around food related conversations.

Common Challenges

- Comments about weight or body size
- Questions about what or how much you are eating
- Unsolicited advice about dieting or food choices
- Pressure to eat differently than you planned

Repeated discussion about food, calories, or appearance can shift your attention away from your structure and toward judgment. Over time, this increases tension and makes it harder to stay consistent.

Defining Your Position

Before responding, decide what topics you are comfortable discussing and which ones you prefer to avoid. Consider how much personal information you want to share. Deciding this in advance makes responses steadier and less reactive. Short, neutral responses are often the most effective:

- I am following a plan that works for me
- I prefer not to discuss my food choices
- I am focusing on my consistency right now

Repeating a brief response calmly is more effective than extended explanations. Consistency in your response often reduces further questioning. If limits are ignored, you may need to change the subject, step away from the conversation, or restate the boundary more directly. Agreement from others is not required for you to maintain your structure.

Personal Reflection

- Which comments increase the most pressure for me?
- Where do I feel the strongest need to explain myself?
- What response would feel clear and manageable?
- In what situation do I need to be more direct?

Setting limits reduces ongoing stress and supports stable recovery behaviour. It is important to recognise that setting limits may feel uncomfortable at first. Discomfort does not mean the limit is wrong. New boundaries take time to establish, especially if previous patterns involved over explaining or avoiding conflict. Small adjustments in how you respond reduce repeated pressure and support a stable environment.

Disclaimer: Life in Person provides peer support services and educational resources.

We are non-clinical and do not offer medical, psychological, or therapeutic treatment.

Our programs are designed to share lived experience, practical strategies, and community connection, not to replace professional care.

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Personal Reflection

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Date _____

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