

Ways to support me

I have Type 2 diabetes which is a serious health condition. I am taking part in a radical medical treatment to improve my health and might even put my diabetes into remission. The treatment will involve me having only total diet replacement products for 12 weeks (think shakes and soups). Although this might seem extreme, the potential benefits are life-changing if I can stick to the programme.

To succeed I'll need the understanding and support of those around me. These are some of the ways that friends, colleagues and family members of other participants in this treatment have helped them.

I'm giving you this list in case you're wondering how to help me. I've ticked the strategies that I think you could use to support me. Thank you in advance for your help.

Ways to support me	I would find this helpful
Try not to eat or prepare foods in front of me, particularly foods you know I'll find difficult to resist	
Don't be offended if I decline food or social invitations, or it seems like I'm avoiding you. It's not you, I just need to stay away from anything that might trigger me to eat	
Understand that I may be more irritable or short-tempered during the intense 12-week phase. Please understand why and try not to react in the same way I do!	
Don't offer me food, even as a joke or to test my willpower!	
Take over some of the food -related household responsibilities, like cooking or shopping, so I don't have to struggle with temptation	
Compliment and praise me for my efforts and any positive impact it might be having, eg on my energy levels	
Encourage me to keep going, even when I really, really don't want to, and I'm asking you to help me break my resolution	
Try to avoid 'telling me off' if you think I'm doing something that 'breaks' the treatment diet. Learning from when this happens is an important part of the process.	
Lose weight with me if that's a good thing for you to do too – but don't make it a competition because that probably won't help my confidence	
Don't get angry or frustrated at me when following this programme impacts you – it's only for 12 weeks!	
Don't bring food you know I love into the home or workplace. But if you do – please keep it somewhere I'm unlikely to come across it	
Help me develop a new weekly routine, or interests, so that I'm not constantly in situations which would normally trigger me to eat	
Rapid weight loss is part of the treatment, but my weight won't be allowed to drop too low. Please avoid suggesting that I don't need to lose any more weight. I'm doing this for my health, not to fit in with expectations of how I should look.	