

When Someone Comments on Your Body

For remarks about your body or your plate, and what you want to do with them next time.

WHEN TO USE THIS

Use this after someone said something that stuck with you.

What was said, and who said it?

What did it do to the rest of your day?

Three replies you could have ready for next time.

Changing the subject counts. So does saying nothing at all.

1.

2.

3.

Is there someone you want to ask to stop? What would you say to them?

People say these things carelessly. That does not mean you have to carry them around.