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What a JERK!! The enablers and saboteurs in our lives

Tuesday, June 16, 2015

DH was surprised to hear me yelling at the TV. I had been asleep on the coach. Sunday was my REST day and I was really, really resting.

I awoke to see a show on TV that was unfamiliar to me – “My 600 Pound Life.” So who was the jerk? Not the woman struggling to take control of her life. The jerk was her husband!

He liked “big” women. She was around 300 pounds when they married. Within 10 years she had doubled that.

Now she realized she had to do something. Before she could be considered for gastric bypass surgery she had to prove that she could follow doctor’s orders regarding diet and exercise. Her husband opposed this. He liked “big” women.

That was enough to qualify as a jerk, but it got worse.

Every step of the way he would tempt her with food, including picking her up after the surgery and stopping at a fast food place. While he drove he had her hold his burger and continued to offer her chips.

Over 12 months the woman lost 250 pounds, all the while having to endure the taunts of the jerk. Even her 9 year old daughter was in tears, crying “why did you marry him?”

I hope she finds the courage to get rid of the 200+ useless pounds that he represents.

I must admit that I watched the next 2 episodes of the show too which documented the journeys of 2 other women. Both had something in common with the first lady. Each had a husband/boyfriend who liked “big” women.

However, these guys seemed nice, although somewhat misguided. They explained that they loved the women and wanted them to be happy. Food, especially sweets, made them happy. So they provided what they wanted.

Fortunately, these 2 guys supported the women’s decision to take control and make changes.

Relationships must be based on more than physical characteristics to be successful.

I was thinking about those 3 women during my run this morning. I don’t know if the show provides follow up information. I certainly wish them success.

When I signed in to SP I saw this “hot” message board topic – “Dieting and Significant Others”

www.sparkpeople.com/myspark/messageboard.asp?imboard=1&imparent=36359902

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While not as extreme as those 600 pound women's situation, many of us must cope with the reactions of others as we adopt and maintain a healthy lifestyle.

The support and resources here help us to resist the enablers and saboteurs.

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CD13376265

Positive change is threatening to others, especially when they have issues themselves. I know that one of the rules of weight loss is to tell and get support but I rarely tell anyone that I am making positive changes for myself, I just do it. The moment you tell, the saboteurs and the self-righteous judges come out to monitor every behaviour and morsel. My health is deeply personal to me. I find it easier to navigate the minefield by keeping it to myself. Those are extreme cases, but you need to do it for yourself and for the right reasons. Appearance is the last reason you should keep weight on or lose it.

2182 days ago



ONEKIDSMOM

Yep. We all have to deal with "change back" messages. Relationships can feel threatened by change... even healthy change. I remember how my mom wasn't very supportive of my efforts in my late 30's. I remember the "change backs" from my then-husband... his support was an on-again off-again thing...

Eventually when dealing with the unsupportive we have to decide what's more important! And sometimes, sadly, it leads to the end of relationships.

2182 days ago



MILLIE-MILOU

I just found this on Youtube and watched it. What a right pillock that Gareth Jerk is!! Can I just say that all Welshmen are not like this. He is a bad example of the breed!!

My husband has asked me, on several occasions, to peel a creme egg or to unwrap a choc bar. I ignore it now. I have picked a tablespoon of butter out of mashed potato before it's got mixed in too. I think that he's starting to worry I might leave. Some days supportive, some days not.

2184 days ago



PHEBESS

YAY for her for quickly fighting his sabotage and losing the 250 lbs - but what an uphill battle that must be!

DH keeps telling me he likes me the way I am (probably 40 or so lbs from my goal, but still 40 or so lbs down from what I was at) - but at least he stopped bringing food for me. Took a while to get him to stop. I had to keep refusing and let him eat the items for him to finally understand.

2185 days ago



SUNSET09

We all have sabotagers in our lives, some not meaning to be however, she married him and I'm sure, it's more than about her weight. We must take charge of our own lives and they must be working it out for her to lose the 250 pounds. We're on the outside looking in and be mindful that T.V. shows us what they want us to see. Commercials and advertisements are the same way so

who's fault is it anyway?!?!? We all have our stories!

2185 days ago



STEPH-KNEE

I have recently started watching it and there are a lot of rude people and enablers. I was so frustrated at that episode specifically as well, and I googled and she did end up divorcing him.



2186 days ago



WATERMELLEN

Yikes, sounds like a horrible show!

Weight very often seems to be a factor in "bad marriage" situations . . .

2186 days ago



**WUMPASTAR**

This is an extreme case, but I think a lot of people experience some sort of opposition from their partner when they want to get healthier and change their eating habits. I know whenever I mention to someone in front of my boyfriend that I want to lose ten pounds, he always makes a comment about how it's totally unnecessary and that I don't need it. I know he thinks he's making me feel better about myself, but he's doing exactly the opposite thing by making me feel like my choices are irrelevant!

2186 days ago

**DOVESEYES**

I am blessed to have a hubby who has loved me at any size and supported me in every way to lose the weight, when I decided to. In this whole journey I know that he loves ME-- not a body shape, it has been wonderful to realize.

2186 days ago

**MARINGAL**

You would be surprised to find that there are quite a few of "Jerk Husbands" around here!

2186 days ago

**TERI-RIFIC**

I saw that one. She was the nicest woman and he was truly a jerk. Another sad one was the show about the world's fattest man who eventually died and his wife kept bringing him the food that was killing him.

2186 days ago

**SYLPHINPROGRESS**

Either the Jerk is afraid another man would want his wife or it's more that he likes "big, dead women" than "big women," i.e., he dislikes women. She may not know it now, but her life would improve in time in every conceivable way if she kicks him out.

Hm, meet the mother. I think his mother was probably quite slender. She's where his hatred lays.

Laurie the Shrink

2186 days ago

Comment edited on: 6/16/2015 6:03:28 PM

**WALLAHALLA**

It is hard enough to get healthy without someone fighting you every step of the way!

2186 days ago

**CD4114015**

MANY situations are like that! I shed one about 25 years ago myself....after 27 years of not thinking I was WORTH better! It works from both sides...I do hope she STAYS free from him! She won't ever find the right way if she DOESN'T!

GREAT blog!

2186 days ago

**MARYJEANSL**

That poor, poor woman. My heart aches for her. I will add her to my prayer list. I guess I am fortunate in one way - that there is no one in my life giving me any kind of hard time over trying to lose weight. I hope they do do a follow-up and that you are able to update us. I don't have cable or satellite, so won't be able to find out myself.

2186 days ago

**GINIEMIE**

Outright jerks, self-serving saboteurs, the ones that think you are over the top about carefully choosing what you eat and thoughtless people who don't get that eating that spoon of pasta/cookie/extra burger what ever will put you over the top. They all make it hard to stick to a good healthy diet. In that lady's case I think I'd have told the dude there's the door-don't let it hit

your fat ... on the way out.



2186 days ago

Comment edited on: 6/16/2015 3:14:03 PM

**LIVEDAILY**

It's very sad. There are people like that all around us. We have to be braver and stronger!

2186 days ago





PHOENIX1949

I watched that program and had the same reaction about the jerk. Then taped and watched two more episodes. I was cheering on those folks for trying and wishing for a change of ind for ones not following their programs..

2186 days ago



CD6939912

Yes, I remember that episode. He was horrible!!!

2186 days ago



KRISZTA11

A jerk indeed.

I'm glad the woman broke free and lost the weight anyway :)

2186 days ago



MISCHAKEO

That guy is a jerk.. I hope she finds the strength to leave him. There are definitely enablers and saboteurs concerning health. That is why Spark people is so valuable. I am going to look for that show.

2186 days ago



IFDEEVARUNS2

Wow, definitely a jerk.

2186 days ago



KRISZY82

I agree--What a jerk!

I am finding this site to be extremely helpful so far. The articles and the people provide me with the support I need to stay consistent. The people in my life are nothing like the woman in the show you mentioned, but they also don't always understand how to be supportive. My parents are great examples of this; in their minds, food is love. If you don't take seconds (and thirds), you must not like the food. I think because I'm not (officially) overweight, it is especially difficult for them to understand that I still want to make healthy choices. Have you had similar experiences?

2186 days ago



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