



BROOKLYN_BORN

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Mommy, I hope God is nicer than him

Friday, January 15, 2021



That was the comment of my 4 year old son when he was lying on the couch sick one Sunday morning. I hadn't noticed that his cartoon program had ended and he was watching a local preacher known for his fire and brimstone delivery.

Forty-one years have gone by and our family still uses that phrase whenever we encounter someone whose advice is presented in an unnecessarily harsh, mean spirited, arrogant or ridiculing manner.

There are some situations where a severe approach is warranted. Marine drill sergeants have developed their tactics over generations of practice. Parents have employed "tough love" when demanding uncompromising adherence to house rules.

However, in the majority of cases, a positive, supportive approach is much more successful. I'm not talking about false compliments or denial of a problem, but the wrong tone can make the recipient of the advice tune out the message.

Fast forward to 1989. My son was now 14
We were running around the track at the gym.

Me: (looking at myself in the mirrored walls)
"Gee, Bobby, I weigh 20 pounds more than I did in college and I think I look pretty good"
Bobby: (giving his customary honest opinion)
"Maybe you just lowered your standards?"

I laughed and thanked him for his observation, but I still thought I was fine. Because I was active and fit, I always got positive comments. I kept this good opinion of myself for another 20 years as more pounds piled on.

My son went away to college, married and moved far away.
I continued in my blissful, ignorant complacency with no more honest opinions from him
No negative body image, no attempt to lose weight until December 2008

This photo of my AHA moment is on my page so I will remember it forever.

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The grimace like smile is me wondering why the 5k I had just run was so slow. Looking back to 1989, I know I wasn't ready to do what it takes to lose any weight at that time, but I wish I could at least have figured out how to stop gaining.

Negative comments can be hurtful and often they are meant to be, no matter how thinly veiled. But false praise is detrimental too, no matter how well intentioned, especially when it's something we want to hear.

May we all have family and friends who support us and give positive encouragement, but also love us enough to tell us the truth.

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DONNA_CPS2

Thanks for sharing this!♥
135 days ago



USAF-RETIRED

Love your ability to put thought into words.
135 days ago



MTN_KITTEN

As someone who would tell a loved one they have spinach in their teeth ... loving truthful words can be appreciated.



142 days ago



AMUSICALLIFE

Boys....
I have a few of those.

I asked my son if my make up looked good and he said, "why does it even matter?"

I laughed so hard. ugh.... I responded with "I know I am not 21 anymore but I still want to look nice."

Boys... too honest for their own good.
142 days ago



LGRIF22

I think most of us have been there. I never really thought I was very overweight, but I did weigh 35 lbs. more than when I was in college. I find I no longer try to weigh what I did then...as well as when I was having my 5 children, but I try to find a happy, healthy medium. Thanks for your





blog!
143 days ago



USAF-RETIRED



143 days ago



MARTHA324



Your son sounds like a great guy with a wonderful sense of humor. When it comes to weight getting any kind of comment from others in my experience usually backfires. For years my parents were "on" me to lose weight and it not only didn't take it probably kept me heavy.

Very tough and delicate and like you, we all need our Ah Ha moment.
143 days ago



NOVEMBERGAIL



Beautiful blog
144 days ago



1ZIPPYC



144 days ago



JUNETTA2002



144 days ago



NANHBH



The truth said with love is always the best.



144 days ago



GRAMPIAN



Very true.
145 days ago



AKA_TROUBLE



Kids say the darndest things - remember that show? Still true.
145 days ago



SUNNYBEACHGIRL



Too true
145 days ago



KENDRACARROLL



There's a fine line...
145 days ago



MSLZZY



145 days ago



PHATPAT18



Thanks for sharing.
145 days ago



THINCPL2004

Amen
145 days ago

Well Said!



ELSCO55

So true
145 days ago



AZMOMXTWO

I love the comments from small children and the mentally challenged they normally only speak the truth so no matter how bad it hurts I feel that it is the truth



I love your blog
145 days ago



RACHNACH

KEEP SPARKING!

145 days ago



SPARKPEOPLE1951

Loved your blog. Thanks for sharing
145 days ago



MARKSMOM3

I LIKE IT! Well Done! KEEP IT UP!

145 days ago



JANROLG

I LIKE IT!

146 days ago



HAYBURNER1969

Another great blog!
146 days ago

Well Said!



NANANANA

Your son sounds so much like my son the same age. One icy morning when he was 13, he flipped me over his shoulder so I wouldn't fall on the ice. I panicked and we both went down. Since then, he has been careful to warn me when he wanted to help.



146 days ago



KATIE5668

Amen!
146 days ago



SAMMILESSACH

Positive reinforcement works!

Lies do not.

KEEP SPARKING!

Thank you for sharing.
146 days ago



KITTYHAWK1949

KEEP SPARKING!

146 days ago



THOMS1

Good blog. My aha moment came in 2008 when my sister got an email from spark. We have no idea who sent it. Anyway I was forced to really look at myself. I guess as long as I could get





clothes to fit I thought I was ok. Sad!
146 days ago



WHITECAT19

Wow! This is an excellent blog! Thank you for sharing your insight!



146 days ago



TERRIJ7

Any criticism, "constructive" or otherwise, is generally more easy to hear when it comes from someone who genuinely loves you.

146 days ago



MSMOSTIMPROVED

Out of the mouth of babes. I have more than a few of those pics where I just don't know how I got so heavy. I have always thought I was pretty cute when I pulled it all together to go out. Then I look at my picture and see that extra roll of fat the Spanx couldn't hold. I have already looked at my

pic from last year's birthday festivities and want a DO OVER.

146 days ago



SHAKERATTLEROLL

Good blog--yes the tone of a voice can make a person more apt to either take the advice or just move along. Sometimes it's hard to use the correct tone for what happens when you have some exciting new and you want them to understand but due to the excitement it comes out more defensive again thank you for the reminder

146 days ago



GRANDP

Well Said!

146 days ago



THROOPER62

Well Said!

146 days ago



ETHELMERZ

I hope you shut the tv off, that your son happened to see, that stuff is garbage.

There have been Aha moments, taken note of them, lost weight, etc. A whole bunch of times in my lifetime. That's why this game is played, again and again. And why it's a billion dollar business.

146 days ago



YELLOW09RED

Wonderful blog Eileen.



146 days ago



PENNYSAVER2

I enjoyed your blog. Thanks for sharing.

146 days ago



SUSMANNIE

Wow. When all the pieces fall into place, then we are ready to see clearly. Nice picture of you and your daughter.

146 days ago



MILLER-S

In the pic you posted here, you actually look the size I would like to be.

Congratulations on all your progress and success.

146 days ago

1DAY-ATA-TIME

. . out of the mouths of babes oft times come gems.



146 days ago



RHOOK20047

Nice memories, I know from time to time I have flashes of things the kids said that made me stop and think. As they say from the mouth of babes. I know it made me more careful to think before I spoke around them especially my youngest who was/is so sensitive and thinking.

146 days ago



CHERYLHURT

Thanks

146 days ago



HOLDINGMYOWN

* False Praise *

When I saw those words....it came back to me that as I was growing up~~ those who loved me were constantly telling me that what I had was just * baby fat * and it would go away on it's own.



It never did ,of course!

My hubby is an army man and he thinks like a drill sergeant and he often says that if doctors would just tell people * like it is * saying to them *Your Fat! LOSE 50 lbs! * Instead of pampering them

with a pill that we would have more results in losing weight.



Food for thought eh?



LOL

Your 4 yr old son's comment is so * out of the mouths of babes!*

146 days ago

I love it!(I knownow 40 something)

Comment edited on: 1/16/2021 7:26:32 AM



MAREE1953

I wish I could share with your son "Jesus Calling, Morning and Evening," daily devotions by Sarah Young, reminding us how much God loves us. Far from being mean. The other day, the reading was about how we work on outward appearances. But how He sees straight through us into the depths of our being and then tells us to "rejoice in the relief of being fully understood." I love that.

146 days ago



MAREE1953

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146 days ago



PLCHAPPELL

Great story

146 days ago



LIS193

Children don't filter their words..



146 days ago



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