

PREVIEW_ Kristie Sullivan - 2nd Interview (SD 2017) 2

Kristie Sullivan: Often the social settings are difficult. I mean if you go to a party and there's cake and everyone gets a slice of cake and, "Here, don't you want a piece of cake?" and if you say, "Oh, no, I'm on a diet", they don't want you to be deprived.

And so often they say, "Oh, it won't hurt you, just have a bite." It's okay, it's a party... it's your birthday... it's somebody else's birthday, it's Christmas, it's a celebration.

Dr. Andreas Eenfeldt: There's always a reason, right?

Kristie Sullivan: There's always a reason. So what I learned early on is instead of saying, "I'm on a diet", or "I can't eat that", I never use these words, "I can't eat that", I say, "I choose not to eat that", because that gives me the power, that gives me the control, I'm choosing me, I'm choosing my health over that piece of cake.

But what I say to the person usually is, "You know what, I'm finding that when I eat sugar, I get sick, it makes me feel bad." And that is absolutely true and no one wants you to be sick at their party.

Dr. Eenfeldt: Exactly, yeah.

Kristie Sullivan: Real friends don't want you to be sick at their party. And so when you say, "It makes me feel bad, I really just don't care for that", it's not, "I can't have it, I'm deprived", and you feel sorry for me, it's, "I feel better if I don't eat it".

And most of the time people will leave you alone and they don't push the issue. And you can always enjoy a cup of coffee, or maybe a small glass of wine, or just water and I found that I'm so much more social now, because I'm not fixated on, "What's on the buffet? What am I going to eat?" But I think about, "Who do I get to talk to?"