

## ***Conversations With Yourself ...***

- “What changes am I considering? What outcome am I hoping for? Is it realistic? Are there any possible unintended consequences?”
- “What does my healthcare team have to say about the change I am considering?”

## ***Conversations With Your Family...***

- “I would like to begin eating a greater variety of vegetables with our family meals. Maybe we could make it fun by experimenting with a new vegetable each week. I would really love to have your support in this!”
- “I appreciate that you are concerned for my health, but I do not wish to adopt the [insert diet name here] diet. I do not believe that such an extreme change is necessary or sustainable and would make me feel even more isolated. I hope that you can support me on this.”

## ***Conversations With Your Friends... (Tip: Establish A Boundary)***

- “I really appreciate your concern, but I have talked with my healthcare team and feel very good about my eating pattern.”
- “I am so happy that works for you, but I have talked with my healthcare team and feel very good about my eating pattern.”
- “Thanks! How about that game last night?” [aka, change the subject!]

## ***Conversations With Your Healthcare Provider...***

- “I have heard that the [insert diet name here] may be good for my MS symptoms. Can you tell me more about that? Can you refer me to a dietitian for more information?”
- “I have questions about nutrition and would like some guidance and support in this area. Can you refer me to a registered dietitian who understands multiple sclerosis?”