# Bernette Clarke Opens Up About Frustrations with Patronizing Behaviour from Thinner Friends



Bernette Clarke expressed her frustration with the patronizing behavior of her thinner friends, particularly focusing on her friend Angela Epstein, who had previously shared similar sentiments in an article. Clarke, a 59-year-old who has struggled with weight issues since birth, feels belittled by the well-meaning but misguided attempts of her slimmer friends to avoid ordering high-calorie dishes or showcasing their slimmer attire in her presence.

In her narrative, Clarke highlighted that such behavior does not help her and can make social gatherings awkward. She underscored that her relationship with food is rooted in deeper, personal issues and is not influenced by her friends' choices. Clarke recounted her journey with weight, including the installation and eventual removal of a gastric band, and her continuous struggle to maintain a healthier weight.

Despite her weight struggles, Clarke enjoys dining out and wishes her friends would treat her normally instead of walking on eggshells around her. She emphasizes that their avoidance of certain foods or clothing discussions only exacerbates her struggles, rather than providing comfort. Clarke asserts her capability to manage her own dietary choices and advocates for being treated with the same normalcy as others.