I am in need of some unbiased advice and opinions on a situation that's been causing me great distress. I (31F) have been with my boyfriend (32M) for a little over two years now, and we've had our fair share of ups and downs. However, lately, I've been feeling jealous and suspicious of his behavior around my younger sister (29F), who is significantly larger than me, weighing over 400lbs.

Around the time we made it “official”, my boyfriend told me that he has a fetish for larger women. Like, really, REALLY big women. At first I was a little freaked out, but he’s never pushed it on me and has always been really supportive. I have always struggled with comfort-eating and impulse control, so it’s no surprise that ever we’ve started dating, I’ve gained around forty pounds of comfort weight that I’d like to lose.

He says that he’s supportive and even offers to help me meal prep and go to the gym with me, and for a while I thought that he was taking it really well. I know that he likes my curves far more than I do, and him being so willing to help me lose weight was honestly kind of surprising. To clarify, he’s supportive all the time, I was just surprised because this is his only kink and I expected to have to talk to him more about it before he came around.

But ever since I told him that I wanted to lose some weight, I can’t help but get jealous over how he treats my sister.

Let me start by saying that they have always had good “chemistry”, something that I can't help but feel envious of. They work in the same field (\*\*edit: they both work in retail, but not the same store) and are interested in a lot of the same things. They’re both really into the Marvel movies and watch a couple of the same Youtubers. And normally that’d be fine, but lately I’ve noticed that when they're together, they laugh a little too loudly, hug a little too long, and he's always offering to do things for her. He says it’s because of her weight making it hard for her to get up and do things around the house, but I don’t feel comfortable with him “taking care of” my sister like that.

It really doesn’t help that whatever weight I’ve lost, she’s probably gained. The only reason I know that she’s over 400 is because she had a weigh-in at her last physical six months ago, and she’s visibly put on even more weight since then.

Last week we were at my parents barbecue, and he spent more time getting up to refill my sister’s plate than he did anything else. I think he was just trying to be helpful, but I can’t trust him knowing that there’s even a possibility of knowing that he just likes to watch her eat. I tried to get him to sit down and to let her my sister (\*\*edited to remove real name, whoops!) get her own damn food, but the two of them and my aunt looked at me like I was acting crazy so I tried to let it go.

I understand that this could all just be me being irrational, but my boyfriend's behavior has made me increasingly paranoid. I feel like he’s either lying to me about being okay with my weight loss, lying to himself about it, or straight up just flirting with my sister whenever I’m not around. I've tried talking to him about it, but he dismisses my concerns, telling me that I'm being silly and that he loves me at any size. And while I'm relieved to hear that he still loves me, I can't help but feel like his behavior is very inappropriate.

To add to my distress, my parents are on their side, dismissing my concerns as paranoia and jealousy. They're convinced that I'm overreacting and that I should be happy that my boyfriend is getting along so well with my sister. But I can't help but feel like they're not seeing the whole picture. I don’t want to tell them that, if my boyfriend had his way, I’d be as big as (or even bigger than) my sister because I don’t want to embarrass him, but I can’t help but feel like if they knew the whole truth they’d see it a different way.

I feel like I'm losing my mind, and I don't know what to do. I love my boyfriend, but his behavior is making me question our relationship. Am I overreacting, or is my boyfriend's behavior crossing a line? Should I trust my instincts and confront him about it, or should I try to put my jealousy aside and focus on our relationship?

Please help. I'm at my wit's end and could use some impartial advice.

\*\*edit: I've received a lot of feedback on my original post, and I just want to say that I'm really disappointed in how things have turned out. I came to this subreddit looking for some impartial advice, but it seems like all I got was a bunch of people judging me saying YTA. I don't think that's fair, and I don't appreciate it.

I should be allowed to have concerns about his behavior around my sister. I love my sister and my boyfriend has tried to comfort me about what I’m feeling, but I can't help feeling jealous and paranoid when I see the way they interact with each other. It's not just that they have similar interests, it's the way he looks at her and talks to her that makes me uncomfortable.

And as for my boyfriend's fetish, I never said that he made me gain weight or that I wanted to shame him for it.

But I guess it doesn't matter what I say now. The damage has been done, and everyone thinks I'm the bad guy. And to top it off, I've put on some weight again, so I guess I'm just a big fat hypocrite, right?

I don't know what to do now. I love my boyfriend, but I don't know if I can trust him anymore. And I don't know if I can trust my family either, since they're all taking his side. I feel like I'm stuck in this awful situation and there's no way out.

So yeah, thanks for nothing, r/AITA. I should have known not to come to the most fat-phobic place on the fucking internet if I wanted any kind of MEANINGFUL response.