

BONUS EPISODE 3

“**Linda:** I totally agree, I can create healthy foods, in the beginning though, I would never — I thought I just didn’t like them and I had to do them because they were good for me. But what I realized was I was like, how did I ever know what I was feeling before? I’m really so curious about, how was I getting through life? I don’t know what emotions I was actually experiencing.”

[INTRO MESSAGE]

[0:0:29.2] AS: You know battling food and your body doesn’t work. You want to love and accept yourself. And because you’re insatiable, you want results too. And wouldn’t you know, you bring the same intensity to your life, wanting to maximize your time, potential, and experiences you have here on this beautiful and wondrous planet Earth.

Fair warning, it will be a rollercoaster. But for those insatiable, that’s your prime time to thrive. We’re here to say “YES!” to the hunger of wanting it all. I’m your co-host, Ali Shapiro, a health coach who helps people end the losing battle of dieting and find a Truce With Food.

[0:01:09] JB: And I’m Juliet Burgh, nutritionist, fitness expert, and a co-owner of Unite Fitness Studio Franchise.

[INTRODUCTION]

[0:01:19.4] AS: Welcome to Insatiable bonus episode number three. Linda’s grand finale, Truce With Food results. Today, we are going to discover and learn what Linda accomplished in Truce With Food the past six months. For those of you who have been following along and knew, I began interviewing Linda, a client in my spring Truce With Food program, way back in March so that we could document and show you how true transformation happens.

Now, I had no idea how this would turn out and neither would Linda because each client is so different. This was completely unscripted. So today, in this final check in, you’ll see what Linda’s final results were. What did her food look like before and after, including how she feels about food and the life changes she’s made? Yes, I asked about if she did lose weight. Even though

Truce With Food is not a weight loss program, you'll be surprised. Two, how did Linda's beliefs about food in weight loss have to change? Which one's you'll need to change to have your own Truce With Food. Lastly, you'll learn why weight loss is so hard with traditional approaches including most health coaching programs, and why Linda's had so much success with Truce With Food compared to everything else she's tried.

In this episode, I do mention two articles that I have written and if you're curious about them, I will put them in the show notes for this episode, enjoy today's celebration of how far Linda's come.

[TRUCE WITH FOOD MESSAGE]

[0:03:02.4] AS: Hello Insatiable listeners, it's Ali here. If you tune in here, you'll get that diets are a losing battle but are you equally afraid if you give up, you'll blow up? Fortunately, there's a better way and it's called a Truce With Food because here's what you already know, when you struggle with food, you struggle with life. As Candice from Pennsylvania, a past Truce With Food participant said, "Truce With Food is not just a plan but a lifesaving journey."

So here's what we do in the program, which starts this September, and as you'll hear on today's episode about functional medicine, we use functional medicine principles to figure out what food combinations work for you in Truce With Food. So we'll do that and we stop the sabotage cycle and we get to the root of bad eating. Get the first lesson free and find out what is the better diet for weight loss, vegetarian, Mediterranean, or Paleo? Log onto Alishapiro.com and find out.

[EPISODE]

[0:04:02.4] AS: All right, welcome everyone, we are back with Linda, this is your last update for this round of Truce With Food, we're six months out now.

[0:04:11.3] Linda: Yup.

[0:04:11.7] AS: Yeah, just as a recap for people who are just tuning in, Linda was very generous in allowing us to document her internal process as she went through Truce With Food and we

started way back in April, it's the first bonus episode with the insatiable podcast. Definitely check that out and you'll hear how she made it through to the end and the remarkable progress she had. Today we're just going to kind of put a cap stone on everything and first see what you've learned since we last chatted or what you've discovered and then kind of look at your before and after and what we really measure in Truce With Food. Not inches, not that kind of stuff. So what's been new since the last time we chatted?

[0:04:53.4] Linda: So I guess for the most part, I am just living and not really thinking a ton about all the things I used to think of before, as I think what's different, I think it's hard to say exactly how it's different but it is. So I'm trying to think of the best ways but I can actually give you an example. So we had some stressful stuff going on here at my work during the month and then in addition I'm still dealing with my mom trying to sell our house. So I've got like work and personal stuff going on and I all of a sudden noticed I was eating things that I haven't been eating for a while like rice crispy treats, some stuff like that.

There was one night where I was just like eating and eating, and I'm like, "What am I doing?" I'm like, "Wait a second. Wait." And then I was like, "Think back to what causes you to do this," and I actually made my list of things that were stressing me out, I kind of like did what I did a few months ago and totally reigned it in like in a different way than I ever have before. So I still had like an instance where I felt at one point I'm like, "What am I doing? Why am I eating this way?" But I was able to really look internally to understand that instead of being like, "Why do I have this food in this house?" Blaming it on other things like I used to do.

So yeah, I think that's been huge because it's kind of a continuation where now I'm really out in the wild and things happen and I immediately was going to write into the group and be like, "Why am I doing this?" And I'm like, "I know why I'm doing this, I'm stressed. I'm feeling scared about certain things that are happening, I feel like I have too much pressure on me in other places and I work through those." I work through the problems not the eating and then the eating kind of fell back into place.

[0:06:33.3] AS: I love that you describe that because I always say, a Truce With Food is a spiral staircase right? We talk about that on our interviews but — and this is this delicate line between being really rigid and hating yourself and shaming yourself versus saying, "Oh it doesn't matter

what I eat. I'm just going to love myself no matter what," which is great and that may work for some people.

However, what you're explaining is every time when you "eat rice crispy treats", it's research. You bring this curiosity like — and how does it feel from a self-trust standpoint to know that you have the inquiry tools to really get to what it's really about?

[0:07:10.3] Linda: I'll tell you this, also I'm still not drinking alcohol, I feel great without it but what I realized was I was like, "How did I ever know what I was feeling before?" I'm so curious about how was I getting through life? I don't know what emotions I was actually experiencing because I feel like I'm really living my emotions and feelings right now in a way that I never have before.

Because I would have rolled with the rice crispy treats, kind of gone off whatever diet I was doing and felt bad about it and kind of beat myself up. But instead, I was able to look and say, "All right, I have too much on my plate," and actually make adjustments to some — so I really don't know what I was doing before and how I would have solved the problem like that or if I would have even realized that was going on.

[0:07:57.7] AS: yeah, this is great Segway into really, how Truce With Food is different and this is important listening because there's two types of challenges. There's an adaptive challenge which there's adaptive challenges and technical challenges in the change research and how we approach change. Most diets approach things as technical challenges. So technical challenges are where there is a known solution. So it's where you just need more education, right?

This is like people on The Biggest Loser often lose weight because they just weren't aware of how unhealthy the food was, right? They just needed to learn about nutrition more. We did an episode on Whole30 and we were talking about the whole thing is really great for people who never connected that, "Hey, maybe food would make me feel better," and they have no baggage behind it, they're just like, "Oh, I'm learning this, this is what I'm doing," right? Technical solutions have known solutions right? We already know what they are. Then we can just give you tips and tactics or to solve them.

Linda you talked about like the accounting department, right? It's a technical challenge. You have to learn how to balance a budget, right? Assets and liabilities and capital. Pulling off my accounting classroom from undergrad. There's this set plan, versus weight loss and really coming to food with peace. Each person, there is no known solution yet most coaches and most nutrition experts, because they don't really understand the change process, they try to give you their prescribed plans, right? Anytime someone's telling you what to do, it's their prescription.

But the challenges like you said, I don't even know what I was doing before. How could someone have given you a solution? Yeah, and adaptive challenges are so much more about, "Okay, this is complex." Linda and I were talking a little bit about this before the interview but complex challenges or adaptive challenges are how do we have big farm and not influence the medical system as much right? How do I raise a child? Big questions that it's like, if you think that someone can give you a prescription then you're going to keep on running up against a wall, your head against the wall or what feels like failure.

An adaptive solutions require experimentation, they require leaning into the mess which is the rice crispy treats, which is the going off on vacation, I'm thinking of other examples my clients have given me but they are bout learning once you arrive at the spot and then saying, "Oh, this is new information and building on that so that eventually you get an intuitive answer. And so I just wanted to let everyone know of sometimes why they're not getting what they want out of something like a Whole30 or something that claims that it's food freedom but it's still more tactics. Yeah, do you have any reaction to that I guess?

[0:10:48.9] Linda: Yeah, no, it's so true, I think that's why whenever a program ended for me, I never did the Whole30 but I have family who has and when it ends, a lot of the same behaviors come back. So while there's new information and new knowledge of what foods are healthy and how you felt good, when you don't have all the pieces, I think for me, the biggest learning really up until this point is, when I eat kind of off the norm, something is definitely simmering for me. Where I think if I would have done a Whole30, but I done other kinds of diets, when I went off them, I just went back to how I had been eating before or slowly all those things creep back in.

I never really said, "Well wait, why am I doing this?" Instead I was like I don't have the willpower that I have, not as focused on the diets. I think adaptive, I feel like you've said this, you say it's

part of the phrase but you're kind of learning to use new information each time and so every time something comes up, it's not going to look exactly like I did before but I have tools to address those different situations that come up.

[0:11:54.9] AS: Yeah, my friend Sas Petherick who is an amazing life coach that also takes an approach of adaptive change and we're going to have her on the podcast. She says it best with like technical solutions are like saying, "How do I do this with the emphasis on this, right?" In dieting, "How do I stop eating carbs?" The carbs are the issue. As a result, people give you technical solutions like take a deep breath, go have a bath, all of the effort is focused on the external environment and resisting it which is also really energy intensive which that's why you end up rebelling against your own plan.

[0:12:29.4] Linda: Right, right.

[0:12:30.7] AS: Versus adaptive challenges, as she says, say, "How do I, with the emphasis on I do this?" In other words, what's the internal experience that's happening that makes me want carbs. And I'm using carbs — people listening, insert alcohol, pizza, whatever it is, not working out. But the focus by being on the internal experience is, it changes everything, and then eventually you don't need to do tapping, you don't need to do visualizations, you don't need to do all of that.

Because to your point, you do feel emotions more now and you know you can tolerate them but you're also getting to the root of them by, it doesn't mean they never come up again but you can also start to see — do you think I'm part of your inquiry process is you starting to see, "Wow, how am I keeping the emotions going?" Like you said, "I've got a lot on my plate," right? If you hadn't checked in with that, then the emotion keeps intensifying rather than...

[0:13:23.2] Linda: I wouldn't have recognized what it was so it would have probably lashed out like I would have like yelled at my kids, it would have come out in other ways or ultimately like I would have been really upset about something, which probably wasn't even the root of what I was feeling at that time.

[0:13:39.0] AS: Yeah, that's right. I wrote out another post for people listening, you can read it, it's called alishapiro.com/tiredofgirlfriendadvicerelatedtoweightloss. On the blogpost, there's a gif of the matrix, and it's like, "You can take the blue pill and go back to sleep and believe what you want," right? "Or you can take the red pill and I'll show you how far down the rabbit hole this goes," and what you described is, every time you are over eating or doing something, self-sabotaging, there's a rabbit hole that you have to know how to navigate because it's different every time.

But I don't want to discourage people because it's also liberating in the end because, like you said, "I'm living," and what I always think is so important is to deconstruct and get like the weight not weighing you down. I think so much, and food is part of that. It doesn't mean, again to your point, it's not about being perfect forever, it's like each time do I get more information so I can navigate the next time faster. Do you find that you're catching — one of the metrics of progress is catching yourself faster.

[0:14:40.5] Linda: Absolutely. In fact, this time, I recognized it as like actually probably before I have rice crispy treat and ultimately I love to go to a place. You know what? I did do something, not only did I catch myself faster, I realized that my feeling and emotion didn't change. So the next day I was still feeling that way, I still felt like I had work to do, I had to work out really what I was going to do in a plan.

So I get home from work again and I'm like, rice crispy treats are still there but instead of digging into them, I had my dates with peanut butter or almond butter and I was like, "I know." I can also go, I guess down a rabbit hole with those but I could kind of pig out but I was like, all right, let me put three on a plate with a scoop and then three of even probably more than a serving size.

I still felt better and I knew that I needed that at that time and I was like, I remember one time you told me like sometimes you just have to sit like... it just make things easier on yourself and that felt like I needed that. It was interesting because clarity started to come once I kind of allowed myself to do that and be with my dates and almond butter.

[0:15:46.9] AS: Yeah, what I love is, because when you look at measuring, it's like, "Wow, that was an improvement," right? I was less down the rabbit hole, it wasn't rice crispy treats for three nights, it was only two nights and then I was ready and the cool thing is the more that you do this, you're building that resiliency muscle and as you build that, each time the emotions don't feel as overwhelming. It's not because they haven't — it's not because the situation, the stakes aren't higher, it's just, "Wow, I have changed, right? I can handle this more." That's why I think people really have to get comfortable with imperfection because it takes a while until... I don't even know what perfection looks like right? That's a technical solution.

[0:16:27.4] Linda: Exactly, it would be a formula for it if it existed..

[0:16:31.1] AS: Exactly, exactly. Great, what I want to do is, in the girlfriend tired of girlfriend related weight loss post, you let me use your testimonial and also, you made an excel spreadsheet, and I love that because I'm super analytical and I love that. Let's go for, to kind of wrap this up. Take us through the before and after of what you captured and then, I want to then ask you about certain beliefs about reaching your health goals and optimal weight now. I probably should have asked you before the program started but this is inside super scientific everyone but you'll get a general sense based on your gut.

Even though — yeah, let's start with the excel spreadsheet. Tell us a little bit and then we'll talk about the beliefs that got you. Or should we talk about the beliefs first? What do you think? I feel like you're more logical than I am.

[0:17:19.0] Linda: Yeah, I feel like they kind of are like a little bit entwined so I don't know if it could come out while we talk about spreadsheet.

[0:17:27.3] AS: Yeah, I'll tell you what, let's focus on the beliefs first and then because they're a little bit more qualitative and then we can show here's the concrete effect of this beliefs changing.

[0:17:39.3] Linda: Yeah, that's good.

[0:17:40.8] AS: Okay good. I am not the linear thinker. This is why I like adaptive change. Okay, so I want to ask you to start off with, and again, think back to the beginning of the program and I know that it might be a little bit hard but tell me which beliefs you think would have applied to you? Then I want to ask you where you are now. So would you have believed that to reach your health and optimal weight goals, you would have to give up your favorite foods?

[0:18:12.3] Linda: Did I believed that? One belief would be first of all that my favorite foods were different than they are now but yeah, I would have thought that my favorite things would have had to go. But I think my favorite thing, now that I'm thinking back, I'm like, my favorite things are probably a little different now.

[0:18:30.9] AS: Okay, well great, because then, if that applied to you then my question is I believe I can crave healthy food, I don't have to force myself to eat healthy. Answering one would be no way this couldn't be true and number five, I totally agree and know this is true.

[0:18:46.3] Linda: I totally agree, I can create healthy foods. In the beginning though, I would never — I thought I just didn't like them and I had to do them because they were good for me.

[0:18:55.0] AS: Wonderful. Which brings up the second belief that applied, eat healthy food, I don't enjoy.

[0:19:01.8] Linda: Right. I thought I would need to do that, yeah.

[0:19:04.9] AS: Okay, great. I just realized because my spreadsheet is wrong. Answer me this, because of the favorite, to correspond with the favorite food questions. I believe I could eat my favorite foods once in a while and still get results. One would be in a way this could be true and number five could be I totally agree and know that this is true.

[0:19:24.7] Linda: Then, I would have thought that I couldn't because I would have thought if I had them I'd go overboard and so I would never get my results. Now I know I can have, like I have dessert occasionally, again, it's fine.

[0:19:35.9] AS: Me too.

[0:19:37.6] Linda: I love it.

[0:19:39.7] AS: You'll see, the longer that you know you can have it, the less it's like, "I don't know?" It took me like a year to get there but now when people are like, "Why don't you order dessert?" I'm like, I don't know, "Sometimes I do. Okay, would you have believed that you would be feeling left out of social fun?"

[0:19:57.7] Linda: yes because the way I celebrated was with food and alcohol. Yeah, definitely.

[0:20:03.7] AS: Okay. Now, I ask, I believe I can enjoy social functions without the stress or anxiety about what I will eat or what people will think? No way, this could be true is one and I totally agree and know this is true, five. Of course you can choose two, three or four or five.

[0:20:03.7] Linda: I totally know it's five, yeah.

[0:20:21.4] AS: Okay, awesome.

[0:20:22.9] Linda: Going to a baseball game tonight which would be something I would never do if I was trying to eat healthy before because I'd be like, "What do I eat there? What do I drink,?" that makes no sense.

[0:20:32.1] AS: Great example, yeah, there's just so much more freedom in lightness when you take an adaptive approach because you have changed. I think that's so important, unfortunately, food becomes more and more central with every passing year. People think they can eliminate food temptations like I don't know where you would live.

I don't even know if have a lot of freedom. By the way, I don't know if you know, I don't even know if you are gluten free but they have a gluten free section in Philly because they have awareness, yeah. Okay, would you believe that you have to exercise more to achieve your health and weight goals?

[0:21:11.0] Linda: Then? Absolutely. Now, I'm somewhere in the middle, I think I need to move more but I'd like too but I think it's hard because I don't know what my weight goals are now but I'm just kind of like going through this.

[0:21:23.8] AS: If you just keep living, you'll get to where it is.

[0:21:26.6] Linda: Figured.

[0:21:27.4] AS: The belief is, what would you rank now? I can tune in to my body and exercise in a way that feels good and nurturing, one is, no way this could be true and number five would be, I totally agree and know that this is true.

[0:21:39.9] Linda: Yeah, I'd say four because I want to be at five but I'm at four right now.

[0:21:44.5] AS: That's fine. Time well spent. Would you believe to reach your health and optimal weight goals, you would need more discipline and effort?

[0:21:56.9] Linda: Okay, yes, before, absolutely. Now, it depends, I would need a definition of effort because the effort for me is the work that I'm doing in this program but it's not, it doesn't feel hard, it's fun, the work is fun.

[0:22:11.8] AS: Yeah, the question would be, I don't have to be disciplined to an extreme plan or track everything I eat. No way this could be true is one, number five is I totally agree and know this is true.

[0:22:22.6] Linda: Wait, I don't have to? Was it like that?

[0:22:24.3] AS: Yeah, five is I totally agree and no that I don't have to be extreme about that kind of discipline.

[0:22:31.5] Linda: Totally, yes, five..

[0:22:36.1] AS: Wonderful, wonderful. So you would rank that a five?

[0:22:37.3] Linda: Yeah, like I don't have to follow extreme, right?

[0:22:41.7] AS: Okay good.

[0:22:41.8] Linda: Double negatives.

[0:22:46.4] AS: This is my favorite one because what people don't realize is, I want to make myself obsolete. To reach your health in optimal weight goals, what do you believe you must do? Have a coach plan to follow for the rest of my life?

[0:23:01.8] Linda: No, we knew the answer to that one because remember the time I said, "I don't mind my asking you what I should eat," what I should be looking internally. No, I don't, not for the rest of my life I need the tools to learn how to do that for myself.

[0:23:15.7] AS: Right, but would you have believed that coming into the program?

[0:23:17.7] Linda: Absolutely. I thought I was doing Truce With Food for the rest of my life.

[0:23:24.3] AS: Yeah, I do think sometimes people — I always tell people, sometimes I won't hear clients for a couple of years and then they come back into the program because a belief that they can't quite figure out what's happening is, I call a flare up, it's like zit. "Oh my god, my night time eating is coming back," and I'm like, I always... you'll hear when we have our group call, you're not back sliding, that's the fear, it's like it's coming back. It's like, no, you're just at a new level on the spiral staircase and we just need some clarity about what's going on.

You're adapting right? That's what adaptive change is about. So I was going back and forth with a former client of mine who is also a health coach and she had written me, asking me, she wants to get some more nutrition training and she asked me what I recommended and I send her two programs and she said, a lot of people I know are getting this EFT tapping training and they said it's been life changing.

I said, well if you're interested in the nutrition, this is what I recommend and I said but, really, tapping, it can be hugely helpful for people but again it's a technical solution. It's not getting to the root. So have you noticed it's the same thing Kelly Brogan who is a good friend of mine, she's a holistic psychiatrist that we had on the podcast. She came across research that this journalist was like, we keep prescribing anti-depressants but depression and anxiety keep going up.

Shouldn't it be the opposite? I said to her, "I was like, if people were tapping and they're tapping more and more, it's not an effective solution, any effective solution should make itself obsolete right?"

[0:24:53.8] Linda: Right, that's not a solution.

[0:24:56.8] AS: Right. I think it can be very helpful when you're navigating your emotions and all that stuff but if it's not progressing you to again have more agency in your internal experience then it just adds to do and I think we're in this interesting period of time, I look at everything as like what's happening on a meta scale, global scale.

We have an energy crisis. Like an environmental crisis on the — we can't keep using this fossil fuels and they're totally damaging the climate and I think we have an energy crisis as people. We can only do so much and everything's competing for it. If something's going to take more energy instead of release energy, it's just not sustainable.

[0:25:36.2] Linda: Totally.

[0:25:36.1] AS: That's my meta view of things. All right, now you share the before and after of your excel spreadsheet. I'll make sure to put this in the show notes of this episode as well if anyone's curious.

[0:25:47.3] Linda: Sure, yeah I don't have it in front of me but I remember it quite well because I was trying to just — I felt like I came so far and I was trying to outline it in a way that I would kind of really think of some of the tangible stuff because I can't say, "Oh, I lost 40 pounds," which would be my measurement or whatever in the past.

So I started kind of like how my day goes on. So I'm like, "All right, what I normally have in the morning?" I'm like, "Well, before I would do anything, I would have coffee and I'd have coffee pretty much through 2 o'clock in the afternoon and now I have coffee in the morning, it's after I've had warm water with lemon, after I've had my breakfast. It's really because I like the taste. So it's different, I don't need it. There are days where I don't finish my coffee, I just kind of go on with my day and I'm like, "Oh I didn't have that, it's all right."

Breakfast, I was having whatever, I think at one point I was doing Shakeology every morning. Also I didn't even put it in there but my day was like two snacks, a snack in the morning and a snack — and I planned them but it was like, so much work, making sure I ate the healthy snacks, now I have a big satisfying breakfast and I'm not hungry till lunch and something I didn't mention earlier but after lunch, I don't eat again till dinner and when I was having those snacks, I started realizing, I'm like, "Maybe I need to be looking at my earlier food like what am I having for breakfast and lunch? Am I actually hungry? Is it not just my emotions flaring up?" I'm in the process of kind of, I have been doing green smoothies but I have been experimenting and I think the fruit has been creeping up in them. I'm trying to make adjustments today, off topic here.

[0:27:18.3] AS: It's great from a health measurement, the fact that your blood sugar is resilient enough to go from lunch into dinner and not have that hungry like, I mean, that's a huge health metric, long term, that's exciting.

[0:27:29.6] Linda: Yeah, I didn't even have that in there. I was drinking like nearly every day, I was having wine, now I don't drink at all and I don't miss it. I always thought, I was like, "Well I just like wine," of course. Interestingly I don't need it, I go out and I order some kind of mock tail like something with fresh ginger syrup or whatever and I feel great, I enjoy that. What else do I have on there?

Fast food, we don't eat a lot of fast food as a family. I cook pretty much all of our meals but occasionally when we're on a rush, the kids will do like a Chick-fil-a or whatever and that would normally be the day where I would also have — like if I was getting them fast food, I would get fast food. My husband hates it but I would get it for me.

Now I don't even want it, I'll order a bottle of water, I'm at the point where I'm like, "I shouldn't be feeding it to them but I'm working on myself first." Yeah, it's not like I feel deprived. If I eat this, I'm not going to feel good later, it's going to make my night harder.

[0:28:28.6] AS: You also said with lunch and dinner, it was when you would over indulge when you were out to eat because it was like an opportunity to cheat.

[0:28:34.6] Linda: Yes, oh my god, I love going out to dinner because I was like, "Oh then I can have like a few glasses of wine, I can eat whatever I want, I'll have dessert." Where now, first of all, we don't eat out as much because I'm realizing, I can eat — half the time I'm like, "What I make at home is going to taste just as good and I know what I'm putting in it." I really enjoy it. I think I used to also, it was an energy thing where I was being so good that I would get tired and I'm like, "I can't cook tonight. Can we just go out to eat?"

I don't really have that, I really — I think it's a lot of different things that came into play but a lot of it over there, the results of what I'm eating and also being in touch with my emotions because I'm kind of being able to balance what my life differently. So I'm preparing some stuff on the weekends in advance, to make my life easier. Or if I truly am like, "All right, Wednesday is going to be busy, I'm not going to be," — I'll make extra food and we don't have to order out. Things are a lot easier.

The interesting part is, when I do go out, if I go out for happy hour or out to dinner, because I'm not fixated on, "Oh okay, I'm only going to have two glasses of wine because I have to get home at whatever time or having the wine and then I don't care what I eat." It's like more about like having that connection. I've been going out but for shorter time because I get tired and I used to drink and then I'd be able to stay out with everyone, but I can't do that anymore. So I go and I enjoy myself and then I leave. It's fine, it's okay, no one's upset about it. I don't know why I didn't do that before, but I have kind of come to terms with it.

[0:30:09.2] AS: Well that's part of why I also like the approach in Truce With Food is even though we take it, it's adaptive but as you start to build that self-trust and we talked about going from that good girl mindset to the boss mindset. The boss mindset is just more resilient and more like, "Look, there's no right or wrong." The idea, not only does good and bad foods

category start to follow me, so does this idea that there's this prepackaged ideas of what's right and what's wrong. No one knows. That's like the secret of adulthood, everyone's making it up as they go along right? But you feel that on an embodied level and so you're able to start being like look, I got the connection, I showed up, it was fun, enough, rather than saying like... a lot of stuff happens unconsciously. I love that.

[0:30:53.3] Linda: It's kind of like that feeds into like the motherhood thing. I was constantly being a working mom I was so worried all the time about am I a good mom or I should have done this. If I didn't schedule play dates on the weekends, I was like, "Oh I need to do that, I'm a bad mom," is always in my head. The funny part is, now, when I was trying to think, well I feel different now and I don't know how to expect.

It's really about I'm like, I'm not trying to project into the future, I'm not worried, just kind of living and enjoying them and I actually, I do feel like a better mom but I don't know what that even means, I don't know what being a good mom means but I don't think it matters, I think we're getting along better and I'm enjoying my kids, it's more like funny stories and things like that than, "Oh I'm so stressed," that kind of thing.

[0:31:40.9] AS: I love that because basically what you're questioning is a definition of good mother right? We know you can't win, right?

[0:31:48.7] Linda: Exactly.

[0:31:51.0] AS: But saying, "Look, this is working, we're connecting and that's what's important," and yeah, I love that right? As you step into this boss mindset, you start to question like so many definitions of again, I say, when you stop eating prepackaged foods, you stop wanting to be back in the life. Do you find — I meant to ask you this and I know we'll get back to the excel spreadsheet but I found that when I was really struggling with food, I was in my head so much. Over analyzing everything, could see it from all angles and part of that is the judgment then. Am I being good? Am I not? Do you find that you're more in your body and just trusting of the experience unfolding rather than the future protection?

[0:32:29.7] Linda: Yeah, absolutely. That's definitely true with the kids. In fact, it helped me kind of like realize some things that I want to do for my daughter for this school year as far as getting some extra help with her homework and stuff like that. Where in the past I felt like I should be able to do this and then I'd look and judge myself against everyone else, I think that in of itself took so much energy and I would do that at work. I would do that as a daughter, as a sister or brother.

You know, my sister always does this and I never do that and then I'd be like, after I did ascertained thing, I'd dwell on it. So again, that all the time. It's interesting because I didn't even think about it because it really isn't, there are times where I question, I think that's natural to say, "Oh I really could have handled that differently," but it's not a good or bad thing. It's more, "Why is this happening?" In certain relationships, I keep having things happen where I'm like, why does this keep happening?

I have a couple that I haven't solved yet but I'm able to kind of step back and instead of saying, "This person's bad and I'm bad or I'm good," or vice versa. How do I need to fix this? What can we do? Is there something we can do? I don't know. It's kind of big and vicious but...

[0:33:37.9] AS: No, I love that because when we're in the good girl mindset, the judgment is always about the other person or the other experience or the other group, whatever's outside there. It's like, the whole goal of the good girl mindset is to keep the group harmonious, which the group can be the other person, it can be the birthday party that goes off without a hitch but it's that external.

So then you tend to think like there's either belonging or not, there's either approval or not but when you're in the boss mindset, it's like, "Well where's the right fit?" What's the right fit of relationships of way to parent. It takes that pressure of like there being that right way but you have to experiment, right? You have to really be able to experiment and that's the advantage of hanging with adaptive challenges is because what you're talking about, you've gotten the root of so many of one issue and the, you know, what you said in the verbal part of your testimonial was like, "I didn't realize the effect would be so broad."

But that's because you're getting at the root issue and developing an entirely new with the literature called self-authoring, I call it boss. Just remaining in that binary good, bad. Thank you for sharing that because then I get a chance to kind of be in theory.

[0:34:51.5] Linda: Yeah, it's so true though. I think I wouldn't have realized how — I think it's in the material that I'm mending this relationship with food and myself but I don't think I realized, I think I'm very introspective person naturally and I think some of that fell away like in the past few years or you know, several years where I wasn't doing it but I always thought I still was and now I'm realizing, I'm like, "I haven't," — and introspective not like in a judging way but just really thinking about things and situations and stuff. It's nice to have that back too.

[0:35:23.3] AS: Yeah, because it's a huge skillset because I know for me, I'm someone who reacts immediately and now that I have the own tools that I, it helps with everything, relationships and... you talked about your family and kids, what about work? I love the before and after.

[0:35:42.5] Linda: Something I realize that it was a kind of in talking with the group at one point, I realized that I was like guns blazing approach where I act overly confident and I joke around about it now, I work a little bit. That I'm going to get things exactly right or win a certain award or whatever. But now, I realize how it was coming across and it was making some of my results not good because some people didn't realize that when I was acting so confident, I didn't actually know all the answers, it was me being confident.

So as I pulled that down, some of the relationships that I have with other people changed where I think I became a little more approachable and in some cases, we're getting better results because of it, because I'm able to not just be like you know, it wasn't like a know it all, it's hard to explain but it's that wall kind of came down where I think the collaboration happens a lot easier.

[0:36:37.5] AS: Yeah, I bet that's another place where you get some energy back too. Because does that take less off your plate?

[0:36:42.3] Linda: Yeah, totally.

[0:36:45.7] AS: That's a perfect example of how we have these emotions that we don't know but they create more work for us. If we can nip them in the bud then we don't need to tap. I'm on a tapping because of that email, but we don't need to like take a bath. That's great, that stuff is important but I know that's hard to plan for too because then you're stressed about you're not doing it right. Then the other two categories were working out and schedule.

[0:37:08.1] Linda: Oh yeah, so working out, I went through phases where I worked out some days a week and I was afraid to not work out because I was afraid it would fall off and then right before the program, I hadn't worked out in like months, six months or so. Now, I'm actually, over the past few weeks, I've been doing yoga at home and I do it 20 minutes a night, it's actually like kind of like a sweating, like a physical yoga. But it's nice, it's my bed time routine. I went from no working out to kind of finding a way that I could squeeze it in, my son does it with me and he's adorable and he's trying to do it.

So we got like a little time together and I'm feeling stronger. I'm doing workouts that feel good. Eventually I'd like to work out a little more but I think right now, this is what I can do and it actually really feels good. Oh and schedule. Yeah, my schedule was so stressful and I was dealing with transition, when I get home from work and immediately pouring wine and trying to cook dinner. I asked if I could work an adjusted schedule and my boss was like, "Sure, yeah, it's summer."

Then summer ended, I'm like, "Can I continue this schedule? It's really working out well for me." He said, "Sure, as long as you're available," and I am, I'm available if I need to be here later than I am but now I get home before the kids, so I'm kind of like get comfortable, change, unpack my bag, just do things that I never had time to do, things that didn't come up in the email because of some of this things. My house is clean. My house has never been as clean. The past two months, it's just been clean. I was always like, "Oh we can't keep it clean." But things like that, like it really is so widespread in my life that it's amazing.

[0:38:49.8] AS: Well I love that you mentioned that because again, I'm so into metaphor but it's kind of like you're tidying up your emotions, and it's not that they're not there, right? But they have their place and you know how to organize. They're not always that simple but we start to

— I've noticed so many of my clients, they start decluttering. And they're like, "What's going on?" It's just, your energy is different, genuinely different, it's not just the cognitive reframing of a belief, I'm different right? I changed how I relate to this. Then you start craving like lighter — it's this exponential upward spiral of just wanting lightness. Then, like you talked about, I also forgot to mention sleep because I know so many people struggle with sleep. But you are getting up earlier and feel well rested.

[0:39:36.2] Linda: Yeah, like two hours earlier, I'm going to bed a little earlier but I also have a very relaxing night time routine where before I was like you know, trying to pay the bills, cook dinner, make lunch do all the stuff and now I'm sharing. Part of what this went along was that my husband is getting the kids ready for school and camp so that I can get to work on time. So what doesn't come in is that not only navigating this through work is that my husband is taking on things that he didn't do before but he can tell, he's like, "At night, we're so much more relaxed, both of us are." Things like that, I didn't even, you know, mentioned there's more — I keep thinking of examples, it connects everything.

[0:40:19.0] AS: yeah, well I think it's great just to connect, especially of yourself as you think about it because then, I always — I don't know if this resonates but I always say there's a difference between motivation and inspiration. We often sign up for a boot camp or like a diet because we're motivated. It's like really we're afraid, right? I love how you said, "Well like, I'm doing yoga," and all this stuff but you've really changed I think because we'll give the drum roll of how you have lost some weight, which I don't care about but, when you start to realize, "Wow, I can do that without doing everything, that "motivation and the tension" is gone."

Now you're coming from a place of inspiration which is like, I just want to make this easier for myself. "Whoa, I have more energy, let's see how far I can take this," and that's when you get like, I feel like a lot of times with Truce With Food, people come in on the defensive and everyone has a different timeline, this is like a full disclaimer. Everyone's process is different and everyone learns on a different timeline.

So that's the challenge and the relief of adaptive change is that there isn't — adaptive change does not have timelines. Where technical solutions are like, "Hey, you can learn to drive in under an hour," or something like that. But when you take that adaptive approach, it's just kind

of like, you come from — you just unlock so much energy and I think the big challenge is so many of us have normalized that we're going to have to struggle with food, the diet industry tells you that, right?

All the articles, "Here's cheat foods, here's this." In unconscious and conscious ways, it's reinforcing that food is difficult but when you unleash so much of that energy, there's this whole other side of the spectrum, which I call playing to win rather than being on defence because I grew up playing sports. Inspiration is playing to win, it's like wow, this is light, this is easier versus defence is kind of like, "Oh my god, how do I just not eat carbs," right? It's a very exhaustive approach. So give us some of the physical results because...

[0:42:13.3] Linda: So I am down a dress size that we talked about and actually I haven't like been out so I don't know for clothes but I have some clothes like the shirt I'm wearing today didn't fit like in the beginning of the summer and it fits better now. So things just fit better. I know I'm less bloated. I always thought that my belly was from having two kids but that is definitely smaller. I don't think that's there anymore to the degree that it was. I also, I should send you Ali, I don't think I'm ready for this to be out in the world but I took pictures six weeks ago when I started not having any alcohol and then I took one today and we're about six weeks.

My skin is absolutely incredible. It's also probably a combination of the food and that. My skin is — I'll send you the picture, it's crazy. That kind of physical thing too. People notice, I have some coworkers who've said, "Have you lost weight?" And I don't know if I have because I'm not weighting myself but I do know, I feel better and I do, I feel lighter, it could just be all of those things that we just talked about but yeah, it's definitely showing in a physical way for me.

[0:43:19.4] AS: Yeah, well I always say, the body's downstream of the soul. So when we really get in touch with, I think it's our soul, because our emotions for sure are part of that emotional level but I often think we have a lot of emotions that are overwhelming because we've created this emotional patterns that prevent us from really knowing and accessing what's true for us.

You have to unlearn a lot of things but the paradox is the less you grip your weight, the more that it comes off easily. But it's doing the work of what's weighing you down is really the real

issue and like you said, “I’m just living.” So I love hearing that, I’m like, “That’s the best path to losing weight is not having the weight grip you so tightly because life is paradoxical.”

So this has been — I just want to thank you for your time and like bearing your soul to our podcast. We have so much interest in Truce With Food from our Insatiable listeners, so I know it’s a large part of you sharing your experience. So thank you.

[0:44:19.8] Linda: These calls have been really helpful. I’ve enjoyed kind of reflecting because each time we talk like this, I really get — it reminds me where I am. So even when things don’t feel different, I’ve realized things are really different. Thank you for that and for the coaching.

[0:44:36.1] AS: Of course, of course. Yeah, I think that’s about it. I didn’t have any like formal closings. Yeah, thank you so much and thanks for engaging with the program too because Truce With Food does have an 80% completion rate. However, I’m always wanting, implementing more tools for engagement and whatnot but I just really appreciate you engaging with the material because it’s so fun for me. I don’t set up my program so just to get people in and then not care like it’s so fun because I learn. Because this is an adaptive challenge, it’s so fascinating to watch what everyone discovers because it’s so different for everybody.

[0:45:13.2] Linda: Right.

[0:45:14.1] AS: Yeah, thank you Linda.

[END OF INTERVIEW]

[0:56:00] JB: Thank you so much for listening to the Insatiable Podcast. We hope you enjoy today’s episode. You can connect with us on social media. Follow me on Twitter and Instagram @julietunite and Ali @alimshapiro, M stand for Marie. Please feel free to also e-mail us any questions. We would love to hear from all of our listeners. You can reach us on ali@alishapiro.com and juliet@unitefitness.com. We’ll see you next time.

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