

EPISODE 7

[INTRODUCTION]

[0:00:01] 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.

[0:00:44] JB: And I'm Juliet Burgh, nutritionist, fitness expert, and a co-owner of Unite Fitness Studio Franchise.

[EPISODE]

[0:00:52] JB: Episode seven, how to be kind when you're in your fat pants. In today's episode. Ali and I will talk about redefining ourselves and developing a mindset that allows you to be kind during the rollercoaster of weight loss. Ali are you ready?

[0:01:09.1] AS: I am, this is a very intense topic, very intense wouldn't you say?

[0:01:15.2] JB: Yeah, something that I can relate to a lot with different years of my life as I'm sure you can with the roller coaster that is losing weight and loving your body and having a healthier relationship with your body and food. How to be kind when you're in your fat pants. That's a highly emotional statement right there.

[0:01:37.6] AS: Yeah. I think part of the reason that no one has figured out an answer yet. Because it's a process, it's a practice right? It's not an arrival place. I think one of the biggest issues is how we're defining love right? How do you love yourself? I think a secret confession

here. I listen to Pandora, that's not the confession, but one of my stations is air supply radio which Juliet, you're 10 years younger than me so do you know air supply?

[0:02:09.1] JB: I don't know air supply radio, it sound like anything to do with romance.

[0:02:16.0] AS: Air supply was this like the...

[0:02:18.1] JB: Is that for senior citizens? Air supply.

[0:02:22.1] AS: No, it's a band. I'm an 80's child and so that radio station plays all these cheesy 80's love songs, right? All of the love songs are about I can't live without you, it's like the quintessential Jerry McGuire you complete me idea of love right?

It struck me a couple of years ago as I was listening to these songs which I love. I've always love all these bands like Chicago, Air Supply. It struck me that what they were singing about wasn't love, it was codependency. I was like, "Oh my god, no wonder the divorce rate is through the roof, we all were expecting other people to complete us," you know what I mean?

That is a recipe for a disaster and what I think it does particularly to women, not just the 80's love songs but our culture is, we make women — I mean, we don't make women do anything but the unquestioned definition of love is wanting to be wanted.

[0:03:30.8] JB: Women are encouraged to feel that way.

[0:03:33.2] AS: Yes, yes. Totally encouraged, like your whole goal is wanting to be wanted.

[0:03:38.6] JB: Yeah and that's how when I was trying to lose weight or look a certain way. A lot of it was around finding a mate, a suitable mate that's going to find me attractive for what the societal standards of what an attractive female are.

[0:03:57.9] AS: Completely. Oh my god, me too, that was like, "Oh my god, then I'll be comfortable dating. Then I can have the type of person that I'd want to be with," right? Of course, totally. It's like then I will be more confident or life will be easier right? What we don't

question is, it's not that life is going to be easier, we assume without question that we want to be wanted, that we need everyone to like us.

I think a lot of times when people are struggling with their wardrobes right? In the moment that the self-talk is, "I can't believe these pants don't fit. Oh my god, what have I done? Why can't I control this?" Really what's underneath that is, will I be wanted?

[0:04:39.8] JB: "Is this suitable for me to be showing off to the world?"

[0:04:46.5] AS: Yes.

[0:04:48.1] JB: I see friends and I had this experience where I would tear through my closet and try on five, 10, 15 outfits before I would be comfortable enough to go out into the world showing myself off because this one did this to my body and did this one did this and this wasn't right and this wasn't the right trend or whatever it is. We're talking about "well how do you get past that?" It's a lot of time wasted and it's all consuming.

[0:05:23.6] AS: It is and it's a moving target right? What one guy or girl wants is not the same as another, is not the same as your employer, it's not the same as the social group you're with. It's a moving target. Over time, I just wrote about this actually. Over time, you lose what even matters to you and it's all gradual, it's all unconscious. I think of that, I love that Colbie Caillat — I can't believe I'm blanking on her name right now, I love her.

That song it's like, "Put your makeup on, don't be shy girl. Do you know what I'm talking about?"

[0:06:03.5] JB: I do but don't know who the artist is.

[0:06:06.1] AS: Colbie Caillat I think, oh my god, I can't believe I botching her name. I love her music but I'm just.

[0:06:10.9] JB: Comment people, tell us what it is.

[0:06:12.6] AS: Yeah. She has this wonderful song that I actually purchased it on iTunes but the last line is like, “Do they like you? I can’t sing at all, I’m okay, I love myself, you know I can’t sing but the line ends with, “Do they like you?” All these ways that you have to cut yourself up and everything. Then, that’s what we equate love with is am I wanted versus do I even want to be with myself right?

Often, we can’t separate the two and obviously, this is where our little nuance is helpful. We need other people, I love the relationships that I have and all of us, men and women need people. It’s not just enough to say, “Well, I don’t care what anyone thinks about me.” But what it is, it’s not being attached to whether or not you’re wanted, it’s finding the people that you want to be with is that.

I think the big thing is, and even starting off this conversation of “how do you love yourself when you’re in your fat pants” is like, we need to redefine love as this codependency on other people’s approval. And define it for our self what matters.

[0:07:24.4] JB: I think also, redefining what it means when someone says to you which this is thrown around so much, “You have to love yourself before you can love another person.” I think that that saying is a lot of times such bullshit because what does that even mean? How could you love yourself? We want to define that for you, what does loving yourself mean and not the conventional way that you might think about it which is, “I’m going to hug myself every day and stroke myself and my ego.” Because that’s not what loving yourself is.

[0:07:58.6] AS: I’m so glad you said that too because when we do that, when we do these, people will tell you. If mantra’s have worked for other people, by all means, we all have to find what works for us but what I’ve seen buy and large with myself and what you’re just describing and also with my clients is, when you say that kind of stuff, “I love and accept myself,” this or that.

You don’t believe it. I don’t believe it, if I have to tell myself “I love myself”, I don’t love myself. It’s kind of one of those things and I think having that alignment of actually believing what you’re saying is so important and yeah, redefining, loving ourself to me. Juliet, you said this as we were kind of chatting before the podcast is, it is about respecting ourselves.

I think respect looks different to everyone based on your values. One of the things that I have gotten clear on and it was kind of, I don't want to say hard to digest but its like, "Oh my god, this is what's most important to me," but looking back on my life, if I even have the luxury of — well I don't want to say luxury of being on a death bed but being able to prepare for death in an old 90 something year old timeframe.

The most important thing to me, more than people liking me is like, "Did I go for it?" I want to know that I'm someone who went for it. That essence to me is what love is. Does that mean everyone's always going to like me? No, does that mean that I'm going to have to deal with criticism? Constructive criticism? Yes. Does that mean that I'm going to need resilience and that I'm going to have to be learning about the world? Yes. It's a very exposed place to be but that is respecting myself to me.

[0:09:45.4] JB: That's your definition of it.

[0:09:47.3] AS: My definition. Yeah, of what respect looks like. What about you? What would yours be?

[0:09:53.3] JB: I think for myself, having dealt with so much anxiety in my life from having a lot of tragedy at a young age and a lot of trauma, at this point, loving myself and respecting myself is not letting myself be so scared anymore. As you were saying, going for it, I would say that for myself as well just defined a little bit differently which is like, letting go of the fear and just allowing myself to experience things that I wouldn't have allowed myself to because of how anxiety ridden I was or scared of what other people would think of me or failure. It's a little bit similar to yours, just a little differently more so based on how I was when I was younger and how I want to live my life differently now.

[0:10:53.0] AS: Yeah, I'm so big on language and I think all of us can use the same words but they have different feelings and it's tapping into that feeling that is so important and connecting with that on a daily basis. To me, the more that you do that, the less the pants become important.

[0:11:09.3] JB: Let's also talk about different words and the language you're saying that you can use right? For me, I don't really use the word "I love myself". That doesn't really resonate with me. You know I think you can define love in any way that you want to define it. I love my cat but I love my cat very differently than I would love my partner or I would love my mother or I would love my brother and myself.

For me, I have confidence in myself and this self-assurance is my version of love for myself. Self-assurance and confidence.

[0:11:46.2] AS: I love that. For me, it's being kind to myself but kind is to me, again, a good example is Carlos, my husband is an editor right? He used to look over some of my stuff and to me, we joke because he has this face that just looks critical in general, he calls it his editor face. He's like an amazing writer and he's a great editor.

He's like, "Ali, do you want me to tell you what you want to hear or do you want to get better?" I was like, "I want to get better, this is going to really sting and I'm going to be defensive but tomorrow, after I look at it at a new way, I'm going to know that hey, I can do this." To me, being kind doesn't just mean letting myself off the hook, it means wanting to be the best.

[0:12:31.4] JB: Then it stings right? But it probably stings less because you're open to it now than it did in the beginning right? Because that's what I find for myself, when I allow constructive criticism in then I'm ready for it. Then I'm like, "Yeah, give it to me." It's always going to sting a little bit but it's not the same as it would if you're feeling really fragile.

[0:12:52.3] AS: Right, I mean I think that's one of the biggest things of, one of the mindset shifts that I want to talk about today that's been really instrumental and me thinking about things differently but realizing that my writing that my writing that needs improved is not a reflection of me. I mean yes, it reflects my talents and where I am in my process but I'm still me and I'm still worthy of that kindness and I actually, you know, Carlos loves me enough and he loves me in spite of the fact that I'm not the perfect writer because...

[0:13:27.0] JB: He loves you more because of that and that's the thing with letting your guard down and being more authentic is that people will gravitate towards those who let their guard

down and are themselves with their faults and all, more so than somebody who has this perfection wall up.

I was thinking about this earlier with clients and members of my gym as we were releasing this podcast, I was thinking to myself, “They’re going to know me in a really different way than what they see in class. They’re going to know me at a much more personal way if they listen to this podcast.” But I know that people appreciate that so much more having that more inter personal connection with somebody. What do you think Ali?

[0:14:20.7] AS: Totally but I would also say that when we want to be wanted, and sometimes that shows up as wanting gold stars, my clients will often use that. Again, all of this is on a continuum right? Because people might be saying, “Well, I’m very independent and I’m very confident in certain areas but there’s these other areas that feel very fragile and vulnerable.”

What I’ve found is the more that I focus on being kind to myself and what’s important to me, how I define authentic changes. I think a lot of us, yeah, it’s being vulnerable in all the stuff but there were certain — I used to feel vulnerable about my weight but that’s not really actually what I feel vulnerable about.

It’s the certain patterns I consistently come back to that are like, “Ugh I hate looking like a beginner,” and this is, a lot of my clients realize this is often what makes them sabotage their eating. In life, I don’t like looking like a beginner so I often over study or over prepare so that when I go out into the world, I look like I know what I’m doing. I think yeah, that authentic self is...

[0:15:30.2] JB: What about also for those who are having weight challenges as you’ve had in the past as most of us have. Do you think that we often will look at our weight as a direction of failure like, “I’m a failure because I gained weight, I can’t lose weight,” and then we define ourselves as just being somebody who can’t get their shit together?

[0:15:56.4] AS: Yeah, that’s such a great question because when you talked about it earlier about letting go of the fear and I think what’s interesting is often when people hear that, they think that people aren’t afraid anymore or that the fear diminishes. But really when you start to

redefine love for yourself, that fear isn't a signal to stop, it's a signal of, "Hey I've got the resilience, I can do this." When it comes to people weight, what I often find with my clients and as was myself when I struggled with my weight is it's not the fear itself, it's with that fear means.

It means, I'm never going to fix this, it means whatever they make their weight means. Some of my clients realize like, "Oh my god, my weight makes me feel like I misunderstood. It makes me think that I'm not going to get a chance that people won't find out who I really am because they'll see what I look like," or whatever.

[0:16:44.2] JB: "I don't fit in with everybody else or I can't find the woman or the man of my dreams because my weight is holding me back."

[0:16:53.9] AS: Yeah, or they think they have to overcompensate like, "Oh my god, I've got to be great in bed if I'm over weight," but then they're like, "I'm worried because I don't have experience because I'm not putting myself out there."

[0:17:06.0] JB: I like that last one that you were talking about. I want a motivator to be great in bed.

[0:17:14.1] AS: I hope my mom's listening.

[0:17:18.2] JB: That's a good one, I've never heard that one before but that's...

[0:17:21.8] AS: What happens is we over compensate in other areas is my point. When I first started out on my business, I wanted all the materials to look beautiful and all the stuff because it's like it looks like you're further along than you are. I also like beautiful things but when you're first starting out in business you don't have the budget for that.

It sneaks up in really crazy ways. I think coming back to when you have that feeling of being in your fat pants, one is realizing, "Okay, what do I think these fat pants mean?" Is really a great question to ask yourself, "I've got to wear this dress today," we were talking before the podcast. For some people it's pants, some people it's like a wrap dress that they feel good in. It's their fat clothes right?

When they put those on, they think it means something different. “Oh I’m not going to try to even look good today because clearly the weight is the loudest or is the look that matters the most, it doesn’t matter if I put on lipstick or wash my hair,” or that symbolic set of pants. It’s like, “All right, I’m not going to go back on match.com,” or what’s the new one? Tinder or...

[0:18:34.3] JB: I have to fix this first before I can actually try in life.

[0:18:38.8] AS: Yes.

[0:18:40.0] JB: That’s heavy but sometimes that really is what happens, “I’m not going to go deep, I’m not going to go for that job promotion, I’m not going to go on that vacation with my girlfriends that they want me to go on. I have to tackle this first because I’m not worthy, I’m not good enough to do any of those things that I want to do.”

[0:19:00.5] AS: Yes, yes. And when we have that codependent, “wanting to be wanted”, part of that mindset actually, one of the really bad side effects is we are only able to identify ourselves in relation to other’s approval. We rely on external data as like the thing that is right. It’s not just like — basically it translates to, “Oh this is how life is. I know that. Guys only want thin girls right? Or girls only want thing girls or I can’t look like I’m on a diet if I haven’t lost weight, I don’t want to make a healthy choice because people are going to think I’ve failed.”

It’s all about what the other person thinks versus, “What do I need right now for where I am in my own journey?” When we’re loving ourselves, it’s seeing that the fear of acting differently, of going back out and starting to date or starting to tell people that, “Hey, I am trying this.” Not that you even have to tell people but making different behaviors, it’s recognizing that fear isn’t who you are, it’s something you’re experiencing.

[0:20:11.7] JB: Yeah and you’re reminding me of a client that I saw years ago who was struggling with her weight a lot, she was a nurse, she had a very stressful job and you know she really wanted to find love and was preventing herself from dating and going online and just meeting people and socializing because she didn’t feel comfortable with herself and she just didn’t feel good about her body.

And I encouraged her, “You have to do it anyways. We have to feel the fear and do it anyways. You’re worthy of love where you are currently. You want to meet somebody who is going to love you for who you are, meaning, this weight, if you lost 10 pounds, when you have a baby and you gained weight, you want somebody who loves you for you.” She ended up going out and meeting her now husband and they have a child together. You never know with that stuff.

[0:21:12.7] AS: Yeah, in my own experience, I met Carlos when I was 30 pounds heavier and I usually only tell my clients this but I guess I’ll share it on the podcast. I’m not that big of a drinker at all but I was 30 pounds heavier and Carlos, we met at the Irish pub in 21st in Walnut Street in Philadelphia, so romantic.

[0:21:32.3] JB: What year was that you guys met there?

[0:21:34.8] AS: We’ve been together 11 years in March.

[0:21:37.3] JB: I’m asking because Maki worked there.

[0:21:39.8] AS: No way!

[0:21:40.9] JB: I just wonder if he works there at that time.

[0:21:44.5] AS: He was only there because his cousin was working and it was over Saint Patrick’s Day weekend. His cousin was working at the Walnut, or at the pub, the Irish pub on 11th and Walnut but his car got towed, he like didn’t know the Philadelphia parking authority so they had to go to the pub on 21st and Walnut to get a cash advance so he could go get his car because he was like. It’s a long story.

But Carlos was in for the weekend, he was living in DC at the time and we started chatting and it was funny because I just like didn’t care, I was completely myself. I was in PR at the time, he was an editor for a magazine and I was asking him about all these political stories because I was just like, “Whatever.”

He told me later on he thought that I was using him but then he just realized I just like to talk about, "Have you thought of this? Have you thought of that?" He was like, "You know, if I stay an extra night will you go out with me?" I was like, "Oh sure." I felt like the stakes were low and I was like, "Sure." I was like, "Okay." I did shot and the point is, I did shots in my apartment before I date.

I was so nervous and I had said yes, I was sober when I said yes but I was just so nervous because I was like, "I haven't dated in forever, I have been living abroad, traveling internationally, I had no life at the time, up until that point," I was like, "I had never dated a lot in general and here I am." But I knew, I remember specifically in my head being like, I have to do this for me, I just have to get practice, I can't care about what the outcome is here. I just have to do this for me.

It ended up working out but I think in all of this sharing is, what I learned that I was doing and I didn't know it at the time but now there is research and language to talk about it is what we call Growth Mindset. Growth Mindset is this theory that comes from Dr. Carol Dweck, She's an amazing psychologist out of Stanford and she actually studied children and how we teach kids to learn.

To give you just a basic overview of what it does is, when you're in a growth mindset, you start to value learning for learnings' sake, more than being in what they call a fixed mindset, which is when your whole goal is to get approval. She discovered that they did some one of the big studies that really illustrated this point was they had two sets of kids in elementary school I believe it was. They gave each of them two sets of problems. One group, they came back and they said, "Oh my god, you did so well, congratulations," and praised them that way.

The other group, they said, "Oh my god, great effort, we're really proud of you for trying here, learning this, whatever. Both groups were fine but as the problems got harder, the group that was told that they were smart stopped trying, they stopped having fun because they felt like their smarts were conditional. Also, they thought that they shouldn't have to try.

When they thought smart was either who they were or weren't versus having a time where they felt smart instead of feeling going back to feeling afraid versus knowing that you're experiencing

fear. They thought success and failure, smart and dumb were inherent to who they were. Versus as the problems got harder in the group that they praised for effort, those kids still struggled but they found it fun and in the long run, they actually outperformed the group that were told they were smart.

I always share this with my food group because you've got to get in this mindset that you have to put effort in. In our culture of social media, instantaneous ease, all these stuff, instant gratification, we think we shouldn't have to try. Like, "I'm still trying to figure out losing weight like I still have to watch what I eat," right?

[0:25:41.9] JB: I'm going to buy Powerball tickets because I'm just going to overnight become a kabillionaire? Ali and I were talking, we both got Powerball tickets, hey, whatever.

[0:25:55.3] AS: We did, it was fun. Our power went out and I went to bed early last night but Carlos was listening to the radio and I woke up at midnight and he's like someone in California won, we didn't win.

[0:26:04.7] JB: Wait, I didn't know someone won.

[0:26:06.5] AS: I think so, I actually haven't been on the news today but he told me. I was like, I would still be doing what I would be doing, I would just hire people to do a lot of the tech stuff that I do not like. I would start a ton of social justice work but that's aside that.

Kind of going off on a tangent but the point is that, when you're in a growth mindset, you understand that you're going to have to figure this stuff out. One of the really big tips that I want everyone to think about when they're stuck and they're putting on their pants, and they're like, "Oh my god, how did I let myself do this?" Whatever the self-talk is and Carol Dweck talks about the way that you can put yourself in the growth mindset is adding "yet", the word "yet" to the end of that statement.

"I haven't figured this out yet. I haven't lost weight yet, I haven't gotten to the gym yet." When you put that yet, what it does is it defuses a lot of the shame and frustration and opens up that,

“Hey, I still have more to learn, this is about me developing resilience, it’s about me figuring out what works for me,” whether it’s weight, your wardrobe, whatever.

[0:27:21.9] JB: Then it can be a fun learning curve, it can be a fun experiment that you’re doing with yourself to figure out what you haven’t learned yet.

[0:27:31.1] AS: Exactly. What that does too is it starts to open you up to different type of information I think because as you start realize, “Woah, I am a smart person,” right? My clients are really smart and I think that’s what drives them crazy. They’re like, “I have everything else figured out. Why can’t I fix this?”

Because they’ve been trying to fix it in a way that they’ve accomplished everything else in their life which is just gunning for it and they’ve been relatively successful. I think that was one thing that’s been very humbling to me starting a business is yeah, I’ve had a lot of success but I’ve had to develop resilience.

I did not have that much resilience, a lot of the things that were flashy about my life, I just had to follow like someone else’s — I just had to follow a plan. I had to study, get good grades and then get an internship, apply to the programs, network correctly, there was this external — again, external focus of how to be good.

[0:28:32.3] JB: It was very linear.

[0:28:33.3] AS: Very linear.

[0:28:35.1] JB: With weight loss, for most of us, it’s not linear at all, it’s the opposite of linear, it’s like up and down and all around to try and figure out how to not have to put your fat pants on a regular basis or even if you have to that it’s okay and that you respect yourself anyways and you’re not mad at yourself and you can move forward.

[0:28:59.6] AS: Exactly. What does respect look like, right? It’s like, “Okay, you know what? I may be wearing my fat pants but that doesn’t — what am I making that mean about me and how

do I restore my respect here?” Because then, that’s when I think you can’t love yourself until someone else — or wait, what’s the phrase that you mentioned that we hate but you can’t...

[0:29:21.2] JB: You can’t love another person until you love yourself.

[0:29:24.7] AS: Yes.

[0:29:25.8] JB: There is something about that which is to say, to me it’s not fair to be loving, to be in a relationship with somebody if you’re not respecting yourself or appreciating yourself and like you were saying, you can’t rely on the other person to be giving you that. I think that’s what it really means and we just throw that saying out there, a lot of times, it’s like, “#ell, I don’t really know what that means. I don’t know how to get there.” That’s why Ali and I were the one we talk about today, we are going to redefine loving yourself basically in different terms, different language.

[0:30:04.3] AS: To your point, what’s happening is, when you don’t know what respect means for you or love means for you, what happens is you’re not actually in a relationship with the other person. You’re in a relationship with their wants and needs or your idea.

[0:30:21.2] JB: Your wants and needs with what you want them to give you rather than what you need to be able to provide yourself.

[0:30:26.8] AS: Yeah.

[0:30:27.3] JB: My last relationship that I was in before now, what was really important for me because it was such a learning curve that I had to learn a lot about myself. No matter what situations or scenarios you were in, I think that you get to know yourself more and more in each one. Even if there is negative things about it, I think you end up a stronger person.

In that situation, I remember basing my self-esteem so much on the other person and what they thought of me and always try to prove myself to them. How they saw me and not proving myself to myself. That’s a big mistake that we make which is trying — and whether it’s with a partner or

it's with a business associate or it's with a teacher. You're trying to prove yourself to them for their approval.

[0:31:17.7] AS: Yeah, I'm glad you said that because you know, we're talking about relationships here but we all relate to food, we relate to work, we relate to rest, we relate to family, we relate to friends. How we relate to things is it's consistent across the board. Now, there's certain situations where we feel more confident and in other areas that we don't but...

[0:31:42.7] JB: And there's patterns that we get in which dictate a lot of how we act with people in our lives. For example, there's a pattern that I was in with my father growing up which was a lot of us want to make our parents proud and I look for my father's approval a lot and not to his fault, parents do the best that they can but he often times would be very dismissive of me and I would be felt — what I was making that mean to me was that I'm not worthy of being paid attention to, I'm not good enough.

And so that story that I created from that because you have such impression — there's impressionable times in your life when you're young. I brought that in to my adult life and I remember experiencing that in the business world with a business associate which will be if they dismissed me in some way or if they ignored me or if I perceived it as such then I would go home and be like, "Oh my god, I'm not good enough, I shouldn't be in this job, I shouldn't be able to produce this work. They know that I'm a fraud, I'm a failure," it would turn into this big whole thing.

[0:32:50.4] AS: I'm so glad you brought that up because two things: you are talking on a deep level when we think our approval is even in question. Again, we think it's because of who we are, not the behavior or the conditions or the situation that's in or how we're even perpetuating the patterns because we often do that, right?

But another thing that I think that is a huge way to get out of this self-loathing cycle of "shoulding" all over yourself right? What am I saying? I should have done this. I remember running this interview for my list a couple of years ago and I have prerecorded the interview, I had it all set up, I thought in my instant teleseminar which is how I run my calls.

People called in and I triple checked that everything would run smoothly and it ended up starting like 15 minutes later for some reason of how the system worked. Basically the whole thing ended like people hung up, they didn't get to hear the interview and I was devastated.

I was like, "I should have checked four times, I shouldn't have even prerecorded it, I should have," you know like all of this stuff. And rather than saying to myself which is what I say to myself now is, "You're on a learning curve and people are still going to get the recording if they're angry and upset because they spent 15 minutes because of something that I did my best and didn't work, I have to accept that maybe those aren't the people then for me."

I don't know? Or maybe it's like, you win some, you lose some but it was the "shoulding" that leads to all that doubt that really devastated me for days. Looking back now, I can laugh right? Because I'm like, "Oh god, you were so dramatic," but at the time it felt so — I was just so ashamed and that "shoulding" all over ourselves and I think often it doesn't come up as "I should, I should," but it comes off as like, "I did something wrong." We think it's because we're inherently not good enough when really, the conditions, we're all in a learning curve right? I'm always on a learning curve with technology, we all are.

[0:35:04.7] JB: Yeah, you saying that word "should" a lot made me think about how we think about food and exercise and doing sleep and anything that's good for us. "I should be going to the gym, I should be eating a salad," or even the word "need", "I need to work out, I need to eat healthier, I need to less carbohydrates." Whatever it is. Words are so powerful and how we say things to ourselves, set us up for major success or they set us up for major failure.

I think that really changing how we talk to ourselves is a big part of the self-love and respect that will allow you to succeed a little bit more. Instead of saying, "I need to do this." It's like, "I want to do this," or, "I haven't done this yet," like you were saying. I think that it diffuses it so much and it just sounds — even just say that to yourself, it just sounds so much calmer and nicer and kinder.

[0:36:08.0] AS: Right, It opens up something in coaching is when you're learning coaching. You never ask a client "why" right? Clients don't know why but if you lead with, "How have you been successful in the past," right? "I haven't gotten to the gym yet and it's already February." "Okay,

what are the conditions that in the past when you were getting to the gym, what was working? What's not working now?" Asking those open ended questions can really help keep you in growth mindset and benefit from it.

Because one thing that Carol Dweck actually she just wrote, or Dr. Carol Dweck I should say, she just wrote this article a month or two ago about people love this idea of Growth Mindset, she has a book called *Mindset*, really good and I'll actually, in our show notes on my website, AliShapiro/podcast, a graphic that shows all of the differences between fixing growth mindset. You can get a sense of it.

She talked about, it's not just any effort right? They praise the kids for the way that they were learning. I think it's really important when we're talking about this stuff that people understand that just thinking that it's about calories in, calories out is you're missing 90% of the equation and we talked about relationship to food I think in the fourth or fifth episode.

But even, "I should be exercising." Listen to episode six about where we talked about different body types. A lot of people, what I found is, they're not even doing the right effort when it comes to weight loss and look, it took me 18 years of finally realizing counting calories and calories in, calories out isn't the whole story. I'm not judging anyone for how long it takes you to get out of that.

Part of this is not just saying "I love myself" and not believing it. It's trying to figure out what makes you thrive, what are your pitfalls and part of the best people who reach their goals, they plan for setbacks. They're like, "All right, I'm going to have — if I have a setback, what's my support system?" They plan for the rough stuff not for...

[0:38:17.9] JB: Yeah, one of the best things that I learned actually from my aunt who is like a really influential part of my life, sort of like a mentor when I was really young, probably when I was 17, 18 and was just going out into the world and was going to college and figuring out what I wanted to do. She gave me such valuable advice that I take with me and will gladly give to anybody which is, "Have a plan A, have a plan B, have a plan C, have a plan D."

They're all fine you know what I mean? Just plan for things that — you know, plan A is obviously the one that you really want but it's all right if that doesn't happen, you have plan B and that's okay if that doesn't happen, there's C, you know what I mean? There's always going to be setbacks but yeah, if you plan ahead for those then you won't be devastated and you'll be ready to go for the next thing.

[0:39:10.5] AS: Totally. One thing that I ask my clients because a lot of what we work on, I mean, everyone's different but some of my clients underneath their sabotage is working a lot and over preparing and over planning and just having this really type A planning grip on life. When I ask them, "The best things in your life, were they on your plans?" They go like, "No. They came to me."

I was like, "Yeah, that's been a very humbling realization of myself too." It's not always bad when you break out of what you currently believe. Just kind of another side note. I just wanted to circle back that might help be a tool that people can remember when they're "shoulding" on themselves but Albert Ellis, he's a cognitive behavioral therapist.

A lot of traditional coaching is cognitive behavioral coaching. He calls that shooting "masturbation". Like, "I must, I must!" I love that because to your point, if you're saying, "I must get to the gym," right? It's like all these tension versus, if you're being constructive about questioning, "Well, when do I really like to be active? What makes me thrive, when am I consistent with exercising or moving my body, what's working?"

[0:40:32.1] JB: Yeah, what plans do I have to have in place to make that happen? "Was there a time in my life where it was happening consistently? It was because I was leaving work at 5 o'clock when I can leave work but for some reason I just know I've been staying there till 6 o'clock. But I don't need to be doing that. I can let myself leave at five and then I get to the gym."

[0:40:54.5] AS: Right, or even figuring out, "Was it because I was doing group classes and I really miss that?" Even if I feel self-conscious because I may not be as in shape. What I need to respect myself is to not worry about what it looks like to other people. I need to do that for

myself and what am I going to learn about overwriting this discomfort? Then when you go there, does anyone say anything to you?

Usually the mind reading we think other people are doing is really what we're saying to ourselves. To me, that's loving yourself and respecting yourself is really asking the questions, being curious and then being compassionate enough. Saying, "You know what? Maybe I haven't been able to, in my case, lose weight for 18 years consistently. But you know what? I'm going to try something new because I want to know I went for it. I want to know I explored everything."

And so I got to explore something new. I may be tired and I may need a break but ultimately what have I learned and that's another thing I wanted to say about self-love. Knowing that you're tough enough that you can look at this so that you get what you want. One of my clients was saying, she feels like in our work together that often it's like three steps forward, two steps back. To your point about that being linear, and it's only two steps back if you don't learn from it because that's where you're going to learn the most stuff.

When you're hating being in your fat pants, learn about how you move yourself back there. You may think you know but there are smaller ways that you're holding yourself back. What are you doing? Learn about yourself in those moments and what do you know about other tough moments in your life. When I ask my clients that, they've overcome them. They can get through his moment. Kind of talking in circles but when we look at even the structure of — and people say weight loss is a journey, right? That metaphorically implies that it's linear.

But it is all over the place. And so even telling yourself that you've fallen backwards isn't necessarily true. We've been talking about language, if you learn from that, you have gone three steps forward because ask anyone, the smartest people, I know this is the paradox, the more you learn the more you realize you don't know and the smartest people I know are the first to be like, "I have no clue what I'm doing, please teach me." The irony...

[0:43:19.2] JB: Or accepting that they failed and its okay and they're just going to pick it back up again and they try a different route.

[0:43:25.4] AS: Well when you're in growth mindset, you don't fail. You say I haven't gotten there yet. You learn from that. Do you think you've learned more from your successes or more from your failures?

[0:43:37.2] JB: Definitely more from my failures or however you wanted to define them. Yeah, I've grown more from my breakdowns than I have from my breakthroughs.

[0:43:46.6] AS: They're the same thing right?

[0:43:48.3] JB: Yeah, exactly, I mean, you have to have both.

[0:43:51.5] AS: Yeah I always — I had a client last year who she had some hormonal issues, PCOS specifically and she's been trying a lot of stuff with her diet and every PCOS case is different, every person is different. She's like, "I just feel like," — and she had gone on medication, gone off it, whatever. She was like, "I just don't know what to do right now."

She was really distraught. I don't blame her, I don't have the answers for her, I can guide her diet wise but we were just sitting there and she was talking it out and she really felt really lost and I said, "I believe, when we truly feel lost is when we're actually about to learn something new because we're actually open to outside information or our own intuition."

My own weight loss story, I remember being 24 and just being like, I can't diet anymore and I remember saying to myself, "I'm going to have to be fat for the rest of my life but I'm going to have to learn to live with it because I just can't do this, I'm so tired." That's when I became open to other information. What?

[0:45:01.9] JB: I think that's incredibly courageous of you to be 24 and say, "I can't do this anymore, I can't diet anymore," you know?

[0:45:09.6] AS: It didn't feel, I'm glad you said that because courage, this is another thing I've been talking about with my clients this week. Courage does not feel like wonder woman. I did not feel courageous, I felt...

[0:45:20.2] JB: In retrospect though, would you define that as courage?

[0:45:25.3] AS: Now I would. Unhooking from the dieting machine, my god, it was so brave. Gut at the time, I just felt like I was giving up and it was resignation but what I realize and I think this is the crux of even our podcast today is that a lot of my clients will say, “Well, I’ve been to a therapist and they say I just have to accept myself, I just refuse to do that.”

I think people think that self-acceptance means resignation. To me, self-acceptance means fierce curiosity and fierce compassion and trust that look, I do not have the answer but I’m going to bounce back but not in the way that I think and the more that I’ve done that, the more I’m just totally open to the mystery. I wasn’t then but now when I come to a point where I genuinely feel lost and I’ve exhausted my intellect, I’ve exhausted the traditional ways of going.

That’s when I know I’m really going to change and there’s a difference between learning and change which I’ve discovered. I was like, “Oh I love to learn,” curiosity is like my number one value and help with integrity and truth. It’s like, “No, I realize, I really like to learn, I am not good at changing.” That’s why I coach others, I’m teaching what I’m trying to learn.

I’ve gotten better, my learning curve has gotten quicker right? The more that I embody growth mindset but we truly only change when we come to that metaphorical caterpillar dissolving, right? The caterpillar doesn’t know it’s becoming into a butterfly. Just knows if things are soupy and they don’t know what’s happening.

[0:47:01.1] JB: Soupy, I like that term.

[0:47:03.7] AS: Because that’s what it feels like to me, I’m just like, it feels like, “Ugh.” But now I’m smart enough to know that that feeling, just the same way that I used to think fear meant stop and now, fear doesn’t necessarily mean go but it means that I’m hitting up against a belief that I have. Then I develop that coaching mindset for myself to say, “All right, what’s really going on here? Is it the fat pants?”

That was late in my weight loss journey. I realized that my pants felt fat, it didn’t matter what size they were, it felt fat whenever I was going into an uncertain situation.

[0:47:37.7] JB: That's a really good point that you bring up because growing up, I wouldn't say that I ever had a weight problem. I was never considered to be overweight but I had a head problem, meaning that I looked at myself in the mirror and had a very, I guess you could call it body dysmorphia. What I saw was not what other people saw. Track back a little bit, I'm losing my train of thought, what were you saying before?

[0:48:02.8] AS: That were the pants, were they my fat pants or did I feel fat?

[0:48:05.6] JB: Got it, this is where I was going with that. It didn't matter what I actually look like. I always would feel a certain way but it was a lot of time dependent on what was going on in my life and I would always point the finger at myself and internalize. I talked about this with my clients a lot, which was when you're having a really stressful time, do you just go inward and say, "I hate myself, it's all my fault, I'm ugly, I'm fat." That's a way to kind of deflect a situation sometimes that's stressful. You just go internalize everything rather than accepting it, taking action, being okay with what's happening, it's like, "No, I'm just going to blame it all on myself." It's a habit I think that we get in to?

[0:48:55.9] AS: You brought up such a good point because what happen, it's so automatic that and this is what I see with a lot of my clients is they experience anything that is uncomfortable right? Uncertainty, shame, anger, whatever. It's in a Nano second and that gets directly, the most well-worn track in their mind is, "It's my weight."

[0:49:19.7] JB: Yup.

[0:49:20.7] AS: I'm not going to feel this, there's this idea that once they're thinner, life is going to be easier and if you work through your emotional stuff, it will be but there's not a direct cause and effect there. Yeah, when people are feeling fat, it's often because there's some sort of uncertainty or shame in their life and because they think it's just because weight has been the most well-worn track in their mind, it goes back to food or weight automatically. Rather than seeing like, "Oh my god, this is about more than that."

[0:49:55.2] JB: Yeah, and in the beginning stages of me really changing a lot of things in my life for the better and becoming more self-aware of my habits and patterns. Getting genuinely curious with yourself like you were saying is this, the most important piece of this I think it's a big start. But I would notice in the 24 hour period which nothing physically can change to your body in that amount of time on such a small scale.

I would notice from one part of the day, I would look in the mirror and be like, "Oh my god, you look horrible." I would be all depressed then something positive could happen to me and I look in the mirror and I'm like, "Oh my god, you look so good." I would just laugh at myself because I would just be like, it's directly correlating to my emotional state, it has nothing to do with what my body actually physically is doing or what it looks like.

[0:50:49.4] AS: I'm so glad you brought that up. Yeah, I think a good exercise for people. Go to a workout class and look in the mirror before you get there and then after the class when your endorphins are up, see if your body looks even slightly different to you.

[0:51:04.7] JB: Your perception of it rather.

[0:51:06.6] AS: That's what I'm saying. But I think it's — the metaphors. I remember you can go to a gym and each mirror you'll look different right? To me I'm like, this is such a metaphor, whose mirror am I going to believe, they're always changing and what's really true? It gets real existential.

[0:51:25.0] JB: It totally does. You can't put too much weight, all the puns intended there. You can't put too much weight into that in what you look like in a mirror or in a reflection because it is so different depending on your emotional state, so different depending on the mirror you're looking at.

[0:51:43.3] AS: That's why...

[0:51:43.6] JB: Size as you're putting on are so different, they could vary so much in different stores. You have to have the self-assurance within yourself that you have to start to build that up.

[0:51:53.7] AS: Yeah, that's why knowing your internal metrics and what you really need to be focusing on, not because you should but because it matters to you is so key. I think we're coming here at the end and I think just wrapping up, put on that growth mindset, you haven't figured this out yet. Then being fiercely curious as a tool. Add yet to everything and being curious and don't ask yourself why.

I think some great questions are like, "When I am feeling good, what's working, right?" When we're trapped in fear or shame, we get in that black and white thinking, "I never feel good, this never last," right? We forget, "Oh my god, last week I felt amazing," or whatever.

Being curious and first of all, define how self-respect, what essence does that mean to you and starting to have an internal focus is really helpful and then putting on that growth mindset, and knowing that you're going to have to put effort in and that doesn't mean that you're not smart, that you don't know what you're doing. It just means you have a ways to learn and that's okay.

That you haven't figured it out yet. Then being curious at your successes and your "failures". Because they're only failures. Now I'm sounding like probably Tony Robins. You're only failing if you stop or whatever. I don't know what he says, I don't really follow his stuff but maybe you can tell me, I don't know? That and then really starting to pay attention to what does fat feel like to you? What do you mean by that? You say you feel fat in your clothes, what is that image of fat really about?

What emotion is underneath that I think are some great places to start so that you can really make progress so that you're not just telling yourself, "I love myself and it feels hollow," you're actually developing the resilience which makes you feel so much of confidence. My clients would say, "I just want to feel strong." That comes from Resilience that comes from bouncing back, it doesn't come from everything going your way.

[0:53:57.0] JB: I remember a great question that you asked me and then we'll wrap up. When I went to see Ali years ago and as I was saying to you, I'm not somebody who you would look at and be like, "She's overweight, she needs to lose weight," but in my mind I wasn't good enough and I wanted to be thinner you know?

I was definitely that person who was like, “I want to lose five pounds,” which I know there are a lot of us out there on that continuum of if I could only lose these five pounds then everything in my life would just be amazing. Ali would ask me and dig a little deeper and be like, “well, what is losing that five pounds mean to you? What is underlying, what would you then be able to accomplish or what do you think would happen?”

“I would be happier.” “What do you mean you’d be happier, what does that mean?” “Well, I would be more confident,” and then she would dig a little bit deeper and say, “Well, what would that confidence then allow you to do?” It’s like it basically, what are you not doing now that you would be doing and she’s like, “You can do all of that now, you don’t have to wait for that. You can go on a date, you can put a bikini on now, no one is stopping you from doing that except for you.”

[0:55:09.5] AS: Yeah, I would say, that’s a great point. I still use those questions because they’re really helpful.

[0:55:13.1] JB: They’re really helpful, yeah.

[0:55:15.5] AS: I would say one thing. Some of my clients are like no, I’m not dating, I’m just not doing it. I’m like, “Okay,” again, as we talked about earlier, so much of this is about how you’re relating to life, not just your body and yourself. “Okay, how can you then flirt a little bit more? How can you — if you really do want to meet someone but you’re not ready to start dating.”

I remember one of my clients, she was like, “I don’t even know how to put on makeup, the whole thing of dating stresses me out.” Let’s just start — any idea of intimacy or emotional intimacy right? Not just sexual intimacy really bothered her. She was uncomfortable with. I was like, “Okay, you don’t have to start dating, let’s start relating to life in a little bit different way.”

So I was like, “What things do you just want to do but you stopped yourself?” She’s like, “I would love to go to the makeup counter but I’ve never been to a makeup counter. What do you do there?” There’s no right or wrong way to be in a makeup counter but when you’ve never done it

before, you think there's a right — when you're stuck in fixed mindset, you're like there's a right and a wrong way.

“Go to the makeup counter, what do you need?” She's like, “I want lipstick.” “All right, go get that and start wearing that and start putting yourself,” — that in itself was a great test for her because it was uncomfortable, it makes her feel like she's trying right? People hate to feel like they're trying and it was a really safe way to start to build that muscle.

Also think that — and then eventually, a month later, she did go on some of these online dating sites. Then she was like, she learned that you have to have like someone write your profile because she was just like, she's like, “I'm not getting any hits. See? It's because of my weight.”

I'm like, “It's not because of your weight, it's because people, you need to boost your profile needs to be engaging, you have to play the game of online dating,” whatever that is right? I just share that because our stories will snag us at each step of the process because it gets — its all relative.

[0:57:21.2] JB: I think that's yourself and catch yourself and catch yourself. It never ends the catching yourself, which is okay.

[0:57:28.9] AS: Right, but you don't want it to end because there's so much to learn, the more that you learn the further you can go, the more you can live on the edge. It gets addicting to see how much you can do and I think all of the people listening and all of my clients.

Yes they want to lose weight but they want to live life full out and I think that's the deeper thing there. I would just share with that. Start small and build that muscle of growth mindset. “Okay, I don't know how to get lipstick yet. I don't know how to be online yet.” Or even if it's, “I don't feel comfortable being at the gym yet.” All your “bad habits” rather than your big weight loss goal add yet at the end.

Then start to see the ways that you can step out and it's kind of amazing after that, like what starts happening. But that's to me, how you love yourself in the midst of hating yourself. Then

you start to develop a real sense of self outside of approval because you start to discover your own preferences and what authenticity is to you at your core.

[0:58:34.6] JB: Good stuff Ali. I'm excited for our listeners to try this on and just a nice reminder for myself as well to continue with the growth mindset.

[0:58:44.3] AS: Me too. I needed to be reminded too, we're all caught in those fear cycles, they just, the benefit is that they just get shorter and then you're like, "Oh I've been here before." Now it's like, talking about being kind, "Oh Ali, you're so cute. You're still being you, getting caught up in this," or like you couldn't — I think that's another thing, bring some humor to this.

[0:59:04.1] JB: For sure. I laugh at myself all the time when I see my patterns and my habits, veering their ugly head. I have an alter ego, her name is Julie because it's the name that I hate people, when people call me Julie because my name is Juliet. My name is not Julie. Julie is like, you know.

When Julie comes out, I'm like, "All right Julie, that's cute, that's funny, all right let's," — maybe you create a little pet name for it, everybody out there. Thank you so much for listening today, we have so much great content coming up, we would love it if you could leave a review for us on iTunes, it would mean so much to us.

[0:59:41.4] AS: It's so helpful for us, we're asking, something that I hate doing but I'm going to do it — talk about loving ourselves. Please leave us an honest review.

[0:59:48.4] JB: Yeah, honest review, we would love to get feedback on what you want more of.

[0:59:53.5] AS: We want to start interviewing people so if you have anyone you love to talk to. Juliet and I know a lot of people because we've been around.

[1:00:04.8] JB: Ali's been around longer than me but.

[1:00:07.1] AS: No way, I think we're kind of the same, you started so much younger than me.

[1:00:12.0] **JB:** Yeah, we would definitely be going to be incorporating interviews here and we would love your questions and your feedback. You can email us, you can go to our websites. Ali@alishapiro.com, Julietburgh.com. You can reach out to us on Instagram and Twitter. I'm Julietunite and Ali is @alimshapiro and I know Ali's going to put show notes in here so you guys can get some cool stuff to follow up with what we were talking about today.

[1:00:38.0] **AS:** Yeah, if you want to see that growth mindset graphics. All our show notes are at Alishapiro.com/podcast and so our transcripts of the podcast. We will see you next time.

[1:00:49.8] **JB:** Thank you everybody.

[1:00:50.5] **AS:** Thank you.

[1:00:54] **JB:** Thank you so much for listening to the Insatiable Podcast. We hope you enjoyed today's episode. You can connect with us on social media. Follow me on Twitter and Instagram @julietunite and Ali @alimshapiro, M stands 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 at ali@alishapiro.com and juliet@unitefitness.com. We'll see you next time.

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