

EPISODE 37

“JB: You have to really think about what you’re using exercise for because too often people are using exercise in order to excuse their eating behavior and to burn off their food or to be like, “Oh I worked up such an appetite,” and it becomes this cycle that is extremely stressful and unconsciously stressful though because I think they’re doing something like it’s sort of feels good in the moment. You’re like, “Yeah just burn all these calories and now I am really enjoying myself out to eat.” But at the same time then, you’re never losing weight and that’s all tied into that fear of success.”

“Linda: In some ways it’s harder than just following a meal plan and going to the gym every day. That’s hard but you just force yourself and shame yourself into doing it and you do it. This is hard because you really have to get deep and look at things or at least that’s how it worked for me.”

[INTRODUCTION]

[00:01:03.2] 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.

[00:01:43.8] JB: And I’m Juliet Burgh, nutritionist, fitness expert, and a co-owner of Unite Fitness Studio Franchise.

[00:01:53.1] AS: Welcome everybody to Insatiable episode number 37, *The Fear of Weight Loss Success*. Today, we’re going to talk about how this unconscious belief holds back most people from actually losing weight. We’re going to talk about how do you know if you struggle

with these, signs and symptoms and I'll give you a little hint: If you judge yourself for eating and how you eat, then you definitely suffer from a fear of weight loss success.

And lastly, we're going to get into the surface, deep and deepest levels of how to transform this belief including some tools so that you can take away and get started being comfortable with weight loss success.

[TRUCE WITH FOOD MESSAGE]

[00:02:33.8] 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. We stop the sabotage cycle and we get to the root of bad eating and most importantly, we figure out what food combinations work for you. 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.

[DISCUSSION]

[00:03:26.9] AS: Hello everybody, I am so excited about this topic today, *Fear of Weight Loss Success* because I know that a lot of you listening off of that might think, "This does not apply to me".

[00:03:39.2] JB: How can I be afraid of something so amazing?

[00:03:41.9] AS: I know, that I want so badly and we're going to talk about it today. This is an unconscious fear so unconscious just means we're not aware of it and today, we hope to bring more awareness to this so you can see how it applies in your life and in this episode, I have to thank Kirsten Martin who is an Insatiable listener. She is a web designer from beautiful Bellingham, Washington she said and she wrote into us to talk about this very topic.

She gave us permission to use her name and what she wrote into us and she was referring to, Juliet and I talked about an episode where we always worry about the other shoe dropping when things go too well and she wrote, "That is exactly how I feel all the time. Ever since I was a young girl, I had this fear of the other shoe dropping and I know this has been a major contributor to all of my failed weight loss attempts. I even coined a term for it, it's called the Kylie Syndrome. Kylie Minogue is an Australian singer who was big in the UK in the 90's," and I don't know Juliet if you remember her. I remember her.

[00:04:49.0] JB: I love Kylie Minogue.

[00:04:50.0] AS: I know.

[00:04:50.8] JB: I love dance pop music so.

[00:04:52.8] AS: I know, I studied abroad in London in 2000 and she was all the rage over there. It was awesome. So she said, "You couldn't help being aware of her because she rose from soap opera girl to famous singer and had a gorgeous French boyfriend and she was at the pinnacle of her professional and personal success when she got cancer. I don't know why but this really affected me at that time. I just kept thinking, "What goes up must come down.

If you're too happy then something bad will happen," which of course is nonsense. She didn't get cancer because she was at a good place in her life. Still, the Kylie Syndrome has certainly contributed to me preferring to fly under the radar. Don't soar too high, don't want to get caught and that means I can't lose this weight because if I did, then my life would be pretty damn amazing," and then she added, "Kylie by the way survived and is doing well."

[00:05:46.2] JB: I didn't even know she had cancer.

[00:05:48.1] AS: I had heard about it briefly but I didn't realized she was a soap opera star. I didn't realized she had this assent and then what on the outside looks like the fall and I think what's so important about how Kirsten writes about this is she's like a lot of my clients. She knows where this thought process comes from, she knows it's irrational. It makes no sense.

However, something still is emotionally hooking you, there's unconscious reasons for that and I think that's so important just off the bat for anyone, a lot of my clients are like, "This makes no sense." And I'm like, "It makes emotional sense when we understand how your unconscious emotions shape your beliefs". None of us are purely rational. Our reason is influenced by how we feel. So I want to get into this topic because there's so many layers to this but we'll go surface, a little bit deeper and way deep. Sound good?

[00:06:41.4] JB: I'm in, I'm all in.

[00:06:43.9] AS: All right. So at first, before we kick this off, anyone who's struggled with weight has to realize that there's two things you have to figure out, what foods work best for you and what beliefs cause them to eat badly? And it's often these beliefs that we're going to get into that cause them to eat badly and I call it protective eating. Right? In Kirsten's situation, it's protective because she's afraid of flying too high, afraid of being pulled down.

[00:07:11.4] JB: And eating badly can mean many things, it doesn't necessarily mean that you are eating processed garbage food. It can mean that you are overeating even healthy foods. You're just not doing the things that are allowing your body to lose weight.

[00:07:24.6] AS: Yes, thank you for totally qualifying that exactly. So the first component, and this is going to sound weird off the bat, but is the beliefs we have about thin people that sabotage us from succeeding. So many people can relate to, "Wow if I just lost weight then look at me now," right? Like Kirsten said, "My life would be amazing," and we'd be out in the world that is much more engaged. So this is one foot on the gas, "Yes, I want this. I want this."

But what puts your foot on the break related to weight loss success is through beliefs of thin people. So if you judge yourself for your weight, "I'm fat, I'm this, I'm that," you're also going to then judge thin people for theirs. Now, you may be listening and say, "No, I don't. I don't. That's ridiculous! I judge people for all different reasons not because of their weight, or I don't." But again, these beliefs are unconscious and so you have to really start to be curious and not say, "I don't have these." But think "how I have them" and I'm going to get into some of the ones that I've seen people have and then how it affects "bad behavior in their lives" on a daily basis.

[00:08:35.1] JB: And let's not forget about just comparison. That's part of judging somebody. So you might think, "Well I don't judge someone" but are you always comparing yourself to that thin person or you're in a fitness class looking at that thin girl and just saying, "Oh she has it this way, or that way," and Ali will talk about that more but that's judgement.

[00:08:53.7] AS: Oh, so glad. That's exactly how that shows up most often. Even comparing ourselves, often people will say after they hear these beliefs, they're like, "Well I have family and friends that are thinner and I don't judge them that way," and it's often about thin people we don't know. It's easier to project onto them and make them one dimensional.

So this is why famous people, they don't want you to know too much about them because then you can't project onto them, right? You can't project the fantasy so we all compare ourselves to the airbrushed models. I mean I don't anymore.

[00:09:26.4] JB: I judged my mother for years and still have to stop myself from doing that because she has the thin gene in our family and both her and her sister have always been the type that they have to work really hard to put on weight whereas I didn't look like my mother. So it was very hard growing up having a mother who is so skinny all the time and I am the one making sure that I am eating the right foods to balance my blood sugar and my mother really ate like shit and could still look that good.

[00:10:00.2] AS: And that is such a great example. One of the biggest beliefs that hold people back is thin people have it easier. Right? "You don't have to worry, I've got to do all of this." So there's this belief that thin people have it easier and let me go into some other beliefs and then I'll say why that threatens us. Some of the beliefs I have seen that show up with my clients as we get more underneath their bad eating is "thin people are shallow. They don't live very deeply, they're just shopping and all that kind of stuff. They are shallow, they're superficial, they're bitchy and cliquy," right? We often think the people who are popular that we don't know again or mainstream like models and actors and they're bitchy and cliquy. Or "pretty women are dumb". That's a big one.

[00:10:50.7] JB: They don't have depth.

[00:10:52.0] AS: They don't have depth and that's what I meant by the shallowness, yeah exactly and so here's why this holds us back. It's not necessarily the judgement we have about the thin people but it's the identity that we have about ourselves that threaten what we like about ourselves. So for example, one of my big issues that I'm always working on is when I think other people have it easier than I do. That really frustrates me, it makes me angry.

Even though I am very privilege myself, we tend to compare ourselves to our peers and sometimes, I can slip into the "woe is me". So the one about life being easier for thin people definitely hooked me and it hooked me not because I didn't want it to be easy too but because I think of myself as a hard worker. I think of myself as someone who challenges myself. I have always taken the intense route. Right?

A lot of people go into coaching. They take a certificate program and that's fantastic and that's helpful but I'm like, "No, I'm going to get my masters and suck the oyster dry and figure this out," you know? Even with my own health, once I got a taste of what was possible, it was like, "I don't want to just get by. I want to be in peak shape," and I mean emotionally as well as physically and I have always studied hard. I became my own business owner. Everything about my life feels really intense and I value that about myself.

[00:12:17.7] JB: Intense and insatiable.

[00:12:19.3] AS: Exactly. So everyone can relate who feels insatiable, right? We love that and we thrive on challenges. So if all of a sudden something comes easy to us, it can threaten that identity and this is all unconscious and I mean you're intense too Juliet you know?

[00:12:36.4] JB: It's interesting because I can relate to that. As much as I think to myself that I want things to be easy and I fell into that too where I'm like, "Oh I wish it was easy. I just wish I didn't have to work so hard. I wish this wasn't so intense." When there is something that comes about that is feeling effortless, I question that and I think to myself, "Am I working hard enough on this?" It is threatening and not to say that hard work is the right way to go. There are certain places where we should pull back and not work so hard. Work smart, not hard. But these are all just things that you have to start to notice about yourself where you fall into these traps.

[00:13:16.3] AS: Exactly and a lot of my clients identify with being really smart and they are and so if they think that if you're thin, you have no depth, you're shallow. It's living life on the surface, all of a sudden, it threatens that identity.

[00:13:32.5] JB: Or how about you see somebody who's beautiful, thin, really intelligent, that right there is typically the, "Oh fuck her. That is not okay," you know?

[00:13:46.6] AS: Well, that's more about ease, right? "She's got it all. Life has to be easier for her," and maybe it is, I don't know? I think we're creative beings so we're always going to find something to want to challenge, which often feels like discontent or striving towards something. But I want to give you an example of how this translates into every day self-sabotage. So I had a client, she was in Truce with Food and she was realizing that, "Oh my God, I only self-sabotage myself around my friends."

She's like, "I don't understand this. This makes no sense. These people love me, I feel no judgment from them." But she realized that she thought making healthy choices meant she was good and better. She judged herself for making bad choices because it meant that she was less than. So when she made better choices, she felt better then or a little bit more moral. This is how I felt when I first started eating really healthy, "Oh, I know what to do."

We've all been there, right? when you're judging the person or the family member who is eating diet soda and McDonald's fries. When you start getting healthy, you feel a little moral. Anyways, in these moments for her she was unconsciously feeling that these people were thinking — this was all unconscious and it was a feeling. It wasn't based on reality but she was thinking, these friends are probably thinking, "Who does she think she is and ordering a salad when we're all getting fries? She thinks she's better than us."

And when we think we're better or worse for our food choices in body, either way we're disconnected and that just feels awful so in that moment, picking the foods that to her unconsciously symbolically connecting, she was connecting with her friends in that moment. She wasn't making herself better than them. That's why she was making those "bad choices"

and she had to really unearth this belief about “I feel like I am better than if I am eating healthy” and so that’s a small example of success, what success looks like on a day to day basis.

[00:15:56.9] JB: So once she figured out this blind spot that she had, how did she reframe the language around when she’s out the next time with her friends in order to order the healthy option?

[00:16:10.0] AS: Yeah, this is a great question. So all of this is internal. What happens is when we feel something, we start to see feel a situation is a certain way and so she would actually shut down in a way and just stick to her salad or whatever. So I asked her, “What makes you feel connected? Your food is not what’s making you feel connected so what makes you feel connected, deeply intimately connected when you’re with your friends?”

And for her, it was more about having conversations about what was really on her mind and really fully participating in the social situation and not really concerned with the food and we did talk about what if someone says something to you? Rather than being sarcastic and being like, “Oh you know I’m on my diet,” or what you would fall back on those sarcastic defensive jokes that we all pull out when we don’t really want to be seen for trying.

Having her say, “You know, I am really trying to figure out what was working for me and this is one of the things that I am experimenting with,” and just being real of where she really was instead of pretending that she didn’t care or that she was the friend that would always have the fries with you, right? There’s all these different identities that often help us connect with others. It was really just mostly about being real and softening into, “Hey, I’m trying. I don’t have all of these figured out,” which perfectionists hate looking like they’re trying.

[00:17:29.6] JB: And if you have friendships where there isn’t anything deeper than just connecting over a bunch of cheese fries, then I would definitely think you should take a look at those friendships because they’re not real friendships. That’s just a body you have sitting there to eat cheese fries with.

[00:17:46.0] AS: Or trying to see if, I think often what happens is people want deeper connection. They want these deeper conversations. It’s just someone needs to give them

permission. So often you have to be the first person to bring it out in someone versus thinking that someone is just going to offer their dirty laundry on a plate. They need to feel safe.

[00:18:06.1] JB: For sure.

[00:18:06.6] AS: Truce with Food is coming up in September, shameless plug, but this is why I am so big on people genuinely having a truce with food. You have to feel neutral about the food choices that you make going forward otherwise you're always going to be on this seesaw. It doesn't mean that you are apathetic. I think sometimes people think neutral is apathetic. I just mean that you have to realize, you have to truly come to a compassionate curious place about what you're doing so that you don't feel better or worse because both sides are going to hurt you. You have to come to a curious and compassionate place.

So yeah, Kirsten was asking about tools for this and she said she acknowledges that you have to work through these beliefs as well and you do have to work through them and again, we do this with Truce with Food. But for the people listening, I think a really good tool is a question about what identity do you think you'd lose if you've succeeded at losing weight. Start to think about that. What identity would I lose? Would I not think that I am a hard worker? Would I think that I am better than other people? Start to think about that and that starts to then help you see how you often sabotage yourself.

[00:19:22.0] JB: Well would I have to start doing things that actually I'm uncomfortable doing like being more social and the things that you think that you would do if you lost weight often times that you're not quite comfortable with regardless of your weight.

[00:19:36.9] AS: Yeah.

[00:19:39.1] JB: And we think that magical number is going to change our personality.

[00:19:44.4] AS: Oh yeah, it's like the magic pill, right? That's just going to make me feel comfortable in those situations and I know for me with worrying about looking like I have it easy, one of the big things that threaten why I wanted to be a hard worker was because I thought it

helped me relate better to people. I come from Pittsburgh. We're rooted, we're down to earth, we have high bullshit meters, people are just nose to the grindstone.

That's also been something that people in my coaching practice and my life have always praised me for. Like, "You're so real Ali. You call it like you see it" right? And so, I was like, "Oh my God, am I going to be able to relate to people if I have it easier?" And I know that sounds weird but so many of us bond over being busy and exhausted and stressed and if you're like, "Oh I had the weekend and it was great. I relaxed," it's like that threatens that connection.

So really start to think about not just what identity would it threaten but what do you think it might lose as a result and of course, none of this has happened. It doesn't mean that my life is super easy or whatever but I've just stop making it harder than it needs to be because when you're pursuing things that you're insatiable about, there's enough work to go around. Don't make it harder than it needs to be.

[00:20:58.1] JB: For sure.

[00:20:59.5] AS: Yeah and I will say, maybe the irony is relatively speaking, I do have it easy. I am privileged.

[00:21:05.5] JB: It's all about your perspective.

[00:21:08.1] AS: Exactly, but I often tell my clients that the things we're most afraid of we're often already living with and so it's like, "I am so afraid of this," or that. My clients who are afraid of being alone, well what feels more lonely than you're with a group of friends and you can't chose the food that you want to eat? That feels more lonely than really being alone.

Okay, so the second component that I want to address and that we should talk about is this reality about the other shoe dropping because I think everyone, I shouldn't say everyone but I think a lot of people can relate to this and Juliet, you and I both have talked about working through this ourselves.

[00:21:51.5] JB: Oh yeah, well anytime you are a trauma survivor, this is something that plagues you a lot that you have to understand and work with.

[00:22:02.5] AS: Yeah and going back to everyone I really recommend listening to episode 13 with Dr. Danna Bodenheimer because she talks about T, little t, big T, Trauma, little t and to Kirsten's point, she never had a serious illness or whatnot. I don't know her whole life but don't think you have to go through something like Juliet's past or like me going through cancer to think that this doesn't apply to you I guess is the point.

[00:22:30.7] JB: Yeah, it can be something that you've even picked up from your mother like always feeling as though the other shoe was going to drop and you picked up on that energy.

[00:22:41.0] AS: Yeah, I'm so glad you said that because I actually realized and again, I love my parents, they're amazing. But especially my dad, my dad grew up in a very traumatic environment. He grew up in the projects very poor and I realized, I always thought that my cancer had caused a lot of this other shoe dropping and in some ways it has but I restored a lot of my agency and fear around that and healed that by taking control of my health and realizing how much power I had.

What I realized was a lot of just that day to day internal anxiety, I had learned from him. I had just picked up that this is what's normal and so those daily situational feelings that feel like success which are contentment, calm, happiness, joy, those feelings can be really exposing to people. They feel disorienting and I think that's something that's so important.

So many of us from a parent, I have a lot of clients who grew up with alcoholic parents, or grew up in an unstable home environment, or who lost siblings as a child when the family unit itself has experienced that chaos in some way and so they feel most comfortable in chaos.

[00:23:57.7] JB: And you think to yourself, "Why in the world would we be designed to be comfortable in chaos?" And we're very reptilian creatures and we're all about fight or flight and trying to survive and chaos is just something that our body tends to feed off really well. We're designed to be able to deal with chaos and run from it and be able to handle it but this becomes the norm. Unconsciously, you start to develop that this is what you, I don't want to say thrive off

of but kind of and so you learn that, “Okay, things have to be chaotic there has to be stress,” and the easy stuff just feels like Ali said, very disorienting and bizarre.

[00:24:46.2] AS: Yeah, I had a client totally shine even more light for me on this the other day. She told me I could share this example because I was like, “Oh my God, this would fit in perfectly to the episode that we’re working on.” But she said she felt most comfortable in chaos. So let me give you a little background on her. She is this amazing teacher and she’s working in schools that are really trying to correct the justice in public education.

She’s social justice oriented, she is an educator through and through and she throws herself into these. Public education is chaotic as it is, right? But she throws herself into the most chaotic situations, underfunded, underprivileged, the odds are totally against this kids. She’s turning it around. But she said to me, “Yeah, I feel most comfortable in chaos because that’s where I’m valuable.”

[00:25:39.7] JB: Like she has the skill set to be able to handle chaos.

[00:25:43.7] AS: Yes and she thrives there and she’s valuable there. She succeeds there and what was interesting was we were actually talking about this was sabotaging her in her relationship with her boyfriend. She found herself then creating chaos where there was none because she can troubleshoot. She is great at that but it doesn’t always work with other people, right? But she was feeling, “Okay, this is why I’m valuable,” but it was actually causing strain.

So this isn’t directly related to, and how this ties into with weight loss is this is why people feel constantly at home trying to lose weight. It creates a project, “How can I fix myself, how do I get geared up? How can I go into this chaos of something I don’t understand?” And I think one of the most disorienting questions you can ask someone is, “Who would I be without this weight thing?”

[00:26:39.6] JB: Well I think when you ask that often times, people would say, “I would be relieved. I would feel better, less stressed.” All these things that sound great.

[00:26:51.8] AS: Yeah.

[00:26:52.2] JB: But it's not so easy as to just snap your fingers and then poof, you don't think about losing weight anymore.

[00:27:00.4] AS: Right and they take that question a little further though, I know for me, dieting was my hobby. Food was my hobby. I had no other outside interests. I remember actually when I was studying abroad in London and we were in this club and we met these guys and they were talking about how they liked to surf and they had done all this stuff and they're like, "What do you like to do?" And I just was quiet. I'm like, "Oh my God, I diet, and I am not telling that. I am not telling anybody that." But like, I read health books, I try to exercise. My friends and I talk about it all the time.

[00:27:35.0] JB: You could have said, "I'm into health and wellness." I would have been elbowing you, "Just say you're into health."

[00:27:43.3] AS: Yeah, "Oh what do you know about it?" "Nothing. I feel like I failed." But you think about how much time is invested in it and then when you really go there and think about it longer than just the surface level of, "I'd be relieved." Okay then what? Then what? It can be really disorienting. Some of the symptoms that I've seen people being afraid of common contentment and these other shoe dropping is that here's some symptoms, they're always busy, right?

They like to procrastinate because that creates chaos when you procrastinate right? They make things more dramatic than they need to be and they don't often notice that they're making things more dramatic. This is one of the things that my clients are like, "Oh my God, I build up things so much because I want the drama." Right? I remember thinking especially in the battle narrative of dieting, with exercise almost like, "If I am not worn out and it's not a strain to workout. It doesn't count," right?

[00:28:47.9] JB: We all have those friends who are always late. There's always the drama, it's never easy with them.

[00:28:55.2] AS: Yeah, totally.

[00:28:59.2] JB: And we love them but they're those friends where you're like, "Oh my God!"

[00:29:02.5] AS: Yeah and I see this a lot of times. I think a way that we recreate chaos is to always be stimulated by social media, always be plugged in, always being up and I know some people say it's a fear of missing out and I think there's some element to that and again, everyone is different. This is why we are talking about this generally because everyone has their own new ounce beliefs underneath this feelings.

But I think if you recognize yourself in any of that stuff and find yourself struggling with food, it may be this fear of success. And not just around weight loss but the everyday feeling associated with that contentment, calm, spaciousness, feeling restored. I know people who if they don't feel drained, they think they're behind. So I think that people need to really think about that and then some tools for this that I think are really helpful, and Juliet I'd love you to chime in especially with this exercise.

I think for me, one of the biggest breakthroughs that I had around this idea of it doesn't have to be so hard. Success isn't going to mean that everything is going to be easy or difficult on the other extreme is like do movement that leaves you feeling calm and relaxed not exhausted or tired but wired. I mean what do you think about that? Because you're an intense exerciser but that's one of the things that I thought was a tool for getting comfortable with feeling restored from exercise instead of like, "Yeah"?

[00:30:34.2] JB: Yeah, well I think that you have to really think about what you're using exercise for because too often people are using exercise in order to excuse their eating behavior and to burn off their food or to be like, "Oh I worked up such an appetite," and it becomes this cycle that is extremely stressful and unconsciously stressful though. Because I think they are doing something that feels good in the moment.

You're like, "Yeah, just burn off all these calories and now I am really enjoying myself out to eat." But at the same time, then you're never losing weight and that's all tied into that fear of success and I often will tell people, "What if you stopped working out and you just focus on the food?" And that's a scary territory for people.

[00:31:24.2] AS: I would have been terrified if you ask me to do that.

[00:31:26.5] JB: And not to say that you have to do this, but I think that your reaction to that is very telling and what you're using exercise for. If you react in that like, "Oh my God, I could never!" Then just think about your relationship to exercise and if it's a healthy one or an unhealthy one. I think a healthy relationship with exercise is doing it to better your health and to feel good, right? Not feel depleted, not feel overly hungry and you have an insatiable appetite.

Not to feel like you're hurting yourself and you're always working on getting rid of injuries because you are working on top of things that you shouldn't really be doing and I'm speaking from experience because this was me and this is still something that I work with to this day and I have to ask myself, "What are you doing? Are you doing this for the right reason, the wrong reason?" Just like with food. So I hope that answers the question.

[00:32:24.9] AS: Yeah, I think the important thing though is how people define good because if you are afraid of calm contentment and happiness or feeling restored, you feel good that tired but wired. You're like, "I'm on track. This is how it should be because I should feel chaotic or scattered." So I think that's really important for people too.

[00:32:43.9] JB: Yeah and with the Unite Workout, we do this combination of really intense cardio intervals, really intense functional strength training and then we do restorative yoga. We call it yoga recovery at the end, to calm your nervous system down and get you feeling calm and restored and we do a meditation at the end. You would be surprised at how many people leave that part. They can't do it.

[00:33:09.9] AS: It's my favorite part because you guys come around and give a little massage.

[00:33:13.1] JB: It's your favorite part, but it's not everybody's favorite part and it's not like they really have anywhere to be most of the time. They might say that, "Oh, I've got to go cook dinner. I've got to go do this," you know? They just don't want to be still. They don't want to feel restored, they don't want to close their eyes and let their body be still and calm. It feels so bizarre and uncomfortable.

[00:33:35.2] AS: Wow.

[00:33:36.2] JB: When really that's the part that's doing their body, their nervous system, the part that's going to help so much with being able to make a better choice for dinner than night, you know? That's the good stuff right there.

[00:33:48.4] AS: Yeah, I love that. I think another way to practice with this moving back to the food piece is because one of the things that we do in Truce with Food is once people unearth their beliefs, we test new beliefs to see if they're really true because the challenge with our beliefs sometimes are true sometimes are not. So I am not into magical thinking, right? We don't judge all thin people but we tend to judge thin people that we don't know or when we feel threatened and compare.

But another test to do this, to practice being more okay with calm and contentment is if you're imperfect with your food, if you eat bad at one meal, don't dramatize. I was queen of dramatizing this, "Oh the whole day is ruined," right? And create this big chaos so that tomorrow, "Diet starts tomorrow. I'm going to get up at 5 AM and workout. I'm going to have my smoothie. I'm going to get to bed early," and it was like...

[00:34:41.0] JB: That sounds exhausting.

[00:34:43.2] AS: It is but it was chaotic and so that's where I was at home. I didn't realize it at the time. Again, this was all unconscious but I think for people to really start to break this pattern of being okay with calm, contentment, happiness or just in that middle space, if you eat badly at lunch or dinner or breakfast, okay. Fine, get back on track the next meal. Don't make this into a bigger deal. That's part of "how we do anything is how we do everything".

That's how often people over dramatize things, is building up one meal. One meal never hurt anybody. I mean it could set you, if it's breakfast, I always say the meal is going to be bad, dinner is probably the best because you're just going to bed and your blood sugar will reset but who cares? Whatever meal it is, just get back on track with what's going to restore your physiology the next meal.

[00:35:34.4] JB: Like Ali said, this is something that you can translate into the behavior in other areas of your life. So maybe you do this with a meal but maybe you do this with an e-mail too.

[00:35:44.6] AS: Oh my God, I had it in my notes that this is what I do with e-mail that I am practicing right now. You don't have to respond instantly, right? Because my feeling is like, "I need to get back to these things," and it's like, "Whoa, I am creating that sense of urgency." It's all an internal way I'm projecting onto the situation and that's actually deadlines in general. I think for people who struggle with this, extend your deadlines.

Keep your calendar open and then connect to the project or that thing actually turned up better. Did you have more fun doing it, start measuring other things rather than "I just got it off my plate" and you start to value what would be the equivalent of the 15 minutes of restoration at the end of UNITE, right? Because in our culture, we equate productivity with action.

[00:36:31.8] JB: Yes and that's why it's this one hour or action in our classes where it's like go-go-go-go-go and then 15 minutes of not action but hey, there's 10 minutes of some more action with the stretching but I've said to people at the end of the meditation, "You realized that all we've done is three and a half minutes of you laying here, right?" And people will be like, "That was it? It felt like 30 minutes," and I'm like, "No it was really three minutes that you laid there."

I like to bring perspective to it to make people laugh at themselves at how ridiculous are you that you can't lay there for three minutes? And I know I can relate to it. It has taken me time to be able to get there but I think if we can bring some humor to our behavior that is such a big part of change too, is being able to laugh at yourself and just be like, "How ridiculous am I," you know?

[00:37:25.0] AS: Oh my god, when I started to realize that my dad's energy was almost inside of me, that it was really from internalizing that I would just like laugh. I'm like, "Ali, you grew up in white suburban Pittsburgh. You don't have to worry about what my dad had to worry about. Get over yourself." But it brought so much of like, "Oh my god," and I think that often times, there is so much relief in being like, "This is what I'm doing." Even just noticing like, "This is what's happening," is such a relief.

I actually started to figure out this pattern. I just moved back to Pittsburg so I see my parents a lot more frequently now but I used to only see them twice a year and my eating would be totally great and I was like, "I'm not an emotional eater," and then I would come back home and find myself eating a lot again like I did when I was growing up and some people would say that, "You're going back and it's the habit. It's just where you're comfortable," and I'm like, "No, I'm around my dad's energy again".

And so while I had worked through that a lot on my own, it was still affecting me and so once I was like, "Oh this is what's happening," I was like, "Okay, you can step out of that energy. You have the awareness," and I think that's important part because so much of this is emotion or sensation based. I know there's this huge trend right now with positive psychology and reframing and that is all really helpful.

But part of why that falls short that I found with really changing our food habits is because so much of what we're numbing out is sensation based, and that sensation then dictates our behavior versus our thoughts dictating our behavior and the food actually serves to numb out that chaos. If you are feeling chaotic and frazzled what is more immediate than sugar or processed carbs or alcohol?

[00:39:20.6] JB: Define sensation based for people just so that our audience really knows what that means.

[00:39:25.6] AS: Yeah, great. So it's really not something that you're thinking about or conscious. The body represents the unconscious, okay? So like our heartbeats without us having to pump it. We digest food without us having to consciously produce the enzymes, this all happens on "automatic pilot" and so sensations often show up in different places for different people and this is why it's really individualized. Some people feel a tightening in the chest.

Some people, they'll say and feel, like with my dad, what I figured out with my dad, it felt like this spiral internally. It was a spiral almost in my mind that's disorienting like we used that word earlier. So it's a way of making meaning of a situation that you project onto the situation but it comes from your body. Some people their shoulders will tighten. Other people, their chest will cave in. Other people, it's the pit of my stomach, right?

We get this and we get this metaphors for them from that they're really describing emotions we're feeling and so I really encourage people to pay attention because that is usually a neuroscience. It's showing us that the sensation comes up and then we frame it. It's like "I feel chaos, I'm behind."

[00:40:46.4] JB: Where is the sensation for you typically Ali? Where do you feel your feelings a lot into your body?

[00:40:51.4] AS: So the biggest sensation that I am working on is feeling defensive so I contract. That's my default like it's a contraction and it almost feels like my heart is getting smaller because it does when you get defensive. That for me is where I feel the most or especially if I am feeling disoriented myself, I just feel it in my vision. I feel like I can't focus in a way. My vision is focusing but I am like, "Where do I turn first?" And that's when I'm like, "Oh you are in some sort of story belief or something. You need to ground yourself." What about for you?

[00:41:32.9] JB: For me, it's typically in my throat a lot. This feeling in my throat sort of going up through my chest into my throat of constriction and I can almost feel the lump in the throat. Just feeling that I am tight there and often times, it's because I have things that I need to get off my chest that I'm just keeping within and I have it verbalized about them, I have it talked about them, I am keeping things inside and then the other part is where I am really going a million miles an hour. I have too much on my plate, my heart is definitely racing.

And I am very wired and I bring this up because I think just to give people some examples, if you take any moment in your day and you check in with yourself, this is something we don't often do with ourselves and just take a moment, close your eyes, take three deep breathes and scan your body and notice if where you are feeling anything. Is your heart beating abnormally fast? Are you feeling just racy like your thoughts are going a million miles an hour? Do you have this weird butterfly sensation in your stomach?

There are so many things that are happening unconsciously but you can bring a consciousness to them if you just say, "Hey, I'm just going to stop for a second and scan myself and see okay, how am I feeling in this moment? Is the feeling I'm having reflective of what's actually happening

in this moment?” And most of the time, it’s not. So if you’re feeling like my heart is racing like a fight or flight feeling, you’re sitting at the office in front of the computer, is a lion chasing you right now? Is there some eminent thing happening? I don’t know how we got into this topic but as we often go off.

[00:43:19.0] AS: No but when you said, “I have to get this off my chest”, I think for people, that was amazing. I think people, look for the metaphors you use like, “I feel sick to my stomach,” those are describing emotions. It’s sensation based but it’s describing emotions because part of the challenge is people can’t even label the emotion, right? But once you can label it, research says we even feel more power over it just by labeling it because it’s like, “Oh this is what I’m feeling” versus “This is how the situation is”, right?

Because we consciously know a lion isn’t going to attack us but we feel like the event that is stressing us out, we feel powerlessness from the sensation and then how we’re seeing the situation. The emotion clouds how we see the situation. The example of my client who thrives in chaotic situations, she was making her relationship chaotic when it wasn’t because she thrives there and she wanted to add value.

[00:44:17.4] JB: And we talk about this a lot on episode 33 with Laura Coe in her book that she wrote called *Emotional Obesity*. So if you want more information about your emotions and how to work with that, that’s a great episode to listen to.

[00:44:32.9] AS: Yeah and one thing that was really helpful for my Truce with Food group this last round, especially the more that they get comfortable with their intuition is, and trusting their body has the answers even for these kinds of situations. You talked about it Juliet with your throat constricting, I talked about my chest caving in. You made me think of another thing. I often feel like I just shut down and it’s almost like I hold back.

So all of those sensations are contractive based. So if you start to feel like yourself and your body, for those listening, you can’t quite identify it, anything that makes you feel contracted smaller like you’re weighed down, metaphorically.

[00:45:10.7] JB: Or you want to disappear.

[00:45:12.4] AS: Yes. But if something feels expansive or openness, that's often the feeling that freaks people out because it feels exposing, that's the feeling of success but you have to first get to the sensation on a day to day basis before you can really unearth the bigger beliefs around success, so I'm glad you brought that up. So that's how we got to that.

[00:45:34.6] JB: Yeah and think about that feeling of expansiveness shedding the layers, losing weight, that right there, losing weight is threatening.

[00:45:45.2] AS: Totally, it feels exposing. If you're expansive "bigger in the world" as Kirsten said, "Don't fly to high," and we can do a whole other episode about women who want to be powerful and we love tearing women down who have it all but that's a whole other episode right? So in recap, think about some of the things you do when you start to feel calm and content and joyful.

Do you procrastinate? Do you pick fights where there is none? Do you create drama? And then think about the sensations also that trigger that you then want to — how am I describing this? Like the sensations — totally confused. Why did we start talking about sensations again? I know we said it but I can't remember.

[00:46:31.5] JB: It doesn't matter. It's all connected.

[00:46:33.8] AS: Oh the sensations that enter, that sabotage that feeling of success. That's what it was.

[00:46:39.5] JB: Because I wanted you to describe sensational.

[00:46:45.1] AS: Yes.

[00:46:45.7] JB: So people would know what that means because that's what you're going off of it. It's an unconscious sensation that you're having but you can bring a consciousness to it.

[00:46:55.7] AS: Yeah, totally. All right so the third component. We always talk about the tip of the iceberg, right? The tip is like what we're doing on a day to day basis, what we're conscious of. The iceberg below is unconscious right? The beliefs are kind of the shallow end, the sensations, you're moving more out but this is the deep end of the unconscious and this is to not be afraid of success, you have to increase your capacity for vulnerability.

And this is probably the last component to address because you want to start getting some sense of control, sense of empowerment over your beliefs and your sensations. The above tools that we gave you in recommendations, they will help you build that muscle of vulnerability because they're going to be uncomfortable, they're going to be disorienting. It's not going to be always fun to check in and say, "What am I feeling?" To stay for the five minutes. That increases your capacity for vulnerability, anything that's uncomfortable.

But I love, I always — everyone in my truce with food groups, we end up becoming like Brené Brown Junkies. I always introduce some of her talks and bring in some of her research into the program and in one of her TED Talks, she talked about how addicts, they get derailed just as much for negative setbacks as when they have joy. I just love this point because at the deepest route, I see this fear not as a fear of weight loss success but to me, it really isn't about a fear of success but about engaging with life on a vulnerable level.

[0:48:26.0] JB: Oh 100%. I was saying earlier to Ali that it wasn't up until a few years ago that I was able to cry out of joy or happiness. I always wondered what — I would watching my mother cry from happiness when I was growing up and I would always wonder like, "When is that going to happen to me? Does that happen? Is that just her? Do I have the capacity for this?" Because I only cried when I was upset?

It wasn't until more recently that that feeling came and I noticed that feeling is the same feeling as crying from sadness, oddly. It's just, your just having an overwhelm of emotion and it's almost a little disappointing to me because I was like, "Wait a minute, this should feel really good," but it didn't. It felt uncomfortable and upsetting almost. I'm able to discern that it wasn't coming from an upsetting place but I find that I've connected with that, what you were saying what Brené Brown was saying.

[0:49:22.4] AS: Yeah, because I think the deepest joy, for me, the deepest joy shows up as an appreciation, a wonder and awe in a way. How did this all come to be? When you have synchronicity's or like, I know sometimes being done with the client session and just magic happens and I'm like, all the things that had to come together for us to have that clarity, that client had to be ready, they had to be willing to go there, I had to have the training, I had to have my path.

It's almost like those moments of joy are like so mysterious and so is sadness. "Why is this happening? Why me," right? That's something we tend to ask. I think also in a way Kirsten said, I would have a really amazing life and she has a really amazing life right now except for this weight thing. I feel like that's something that I would have thought too when I first started on this path because from the outside world, my life was amazing. I was working for one of the top corporate companies at the time, at a time corporate jobs were the safe route to be in and I was interning at — I worked at NBC and then I got moved to Virginia and then I lived in Paris for six months and I was flying to Madrid and Prague and London and Spain and everything on the surface looked really successful.

But the areas of my life that weren't working for me, relationships and also I wanted a boyfriend relationships. I really wanted to be dating but I was like moving around and I was also terrified of it because I was 30 pounds heavier and I was like, "No, this is a block," right? So my life looked amazing in really different components but when I really looked back now, I wasn't engaging on a vulnerable level. For me to travel or to move to this different cities was nothing for me. I like adventure, some adventure. I don't know how adventurous I am sometimes when people have drastically different opinions than me, I'm not adventurous in always in entertaining their thoughts, I'm getting better.

But what looked on the surface, people would be like, "Oh my god, you're 23 and you're okay to move to Paris on your own and you don't speak French?" I'm like, "Sure, not a big deal." So what I thought was amazing often was what I thought was amazing to the outside world. I wasn't engaged with work that I really cared about, and that was really scary. That was a huge vulnerable risk for me to eventually leave the corporate job, it was a huge vulnerable risk for me to do work that I really loved because I had this belief like, "Oh, if you're contributing to society, can you make real money?"

I know Oprah does and I know we have examples but like I grew up with my parents who are public school teachers and contributing incredibly to the city school, they were city public school teachers and made next to nothing. I have this real emotion around invulnerability around could I have enough financial security if I did what I loved? All of this things that I thought I was living life on a very, and I don't want to say not deep level, but I wasn't taking risks. I think that's what I'm trying to get at. By increasing my capacity for vulnerability, I can take the risks I really want now and in taking risks in ways I didn't even know I was not, not taking, does that make sense?

[0:52:26.3] JB: When you're doing those kinds of things, when you're finally taking risks and you're becoming vulnerable, ain't nobody got time to worry about their fat ass.

[0:52:34.8] AS: I love that. It said that it does become secondary.

[0:52:37.4] JB: It does. It doesn't become your whole life anymore. Not to say that you just become complacent and you just are overweight forever, it's not about that. It's just your hyper vigilance around food and your body tones down, which I think that for listeners out there, if you could think of quieting that noise, how amazing would that be?

At least that was my goal when I was going through most of my emotional eating, it got to the point where it was just, "I just want the noise to stop." Because I have no capacity for joy and anything else in my life other than this hamster wheel that I'm on, thinking about what I'm going to eat, when I'm going to exercise, what diet I'm going to go on, how do I look, staring at my reflection when I walked by a building in the city. Always being aware of my body.

[0:53:32.3] AS: As a result of giving that up, which is vulnerable in and of itself, how do you now think of your taking risks now? What does risk taking look like? That was a big risk take.

[0:53:42.9] JB: Yeah.

[0:53:44.1] AS: How do you think it's different now?

[0:53:46.3] JB: Well risk taking now is just doing things that I think are going to bring me more joy in my life that usually it's uncomfortable you know? I'm seeing a new therapist right now, this is an uncomfortable thing for me currently and it's — but I know that I need to do this in order to break out of the next level of comfort that we're always trying to get some sort of comfort level I think, this homeostasis and I think that I don't want to be comfortable. I think being content and comfortable are two different things.

[0:54:24.5] AS: That's what I'm talking about. What I now think of as risk taking is throwing myself in situations that I don't know the outcome. Before, I would only try things where it's like, "No, I know I've got this, I know I'm good at this, I know I'm smart, I know I can do this." Whereas now, I'm more concerned about the truth and what I'll learn than being certain about the outcome and I would say that's what you're describing right now.

So do you see what I mean? You're now going to see this therapist, you don't know what's happening, you're no longer worried about being comfortable, you want contentment, which is wholeness ultimately. You don't know how it's going to go.

[0:55:00.4] JB: No idea. Right now it's really uncomfortable and I talked about another episode starting meditation and all this new things that are really uncomfortable because they're new and they're not warm and fuzzy things that my normal go to but that's how you grow. That's how new discoveries happened and new possibilities and you move forward in your life and you experience the awe and the wonder that Ali was describing that is really that true happiness. It's fleeting, let's be honest. You're not supposed to be happy, every day all day. That's not normal human behavior.

[0:55:45.2] AS: I think there's a contentment, no matter what happens the highs and lows behind that if you feel more whole, you feel like, "I got this, I can do this." There's a contentment and it means, that contentment helps you stick with through the hard stuff.

[0:56:02.7] JB: Yes.

[0:56:03.6] AS: I think that's important but I think all of us, I think America in general, granted things are a little crazy ass right now. I mean, they've been crazy ass, we're just learning about

them more and more I should say. But I think in general, we don't grow up with wars. American life relative to the rest of the world is rather safe, would you not agree? I think that's a fair — depending on where you live but if you are middle class and above. Now I'm getting into like, that's not necessarily true. It's not as if you're African American, it's not if you're Latino but...

[0:56:42.6] JB: Well you always, just like we're talking about perspective, there are other countries, there are other people, let's just talk about the self. There are — think about you and there are people who have it, I want to say a lot worse off but often times, like I said, we're not being threatened and the way that we feel we're being threatened.

[0:57:04.8] AS: That's a great way of putting it, exactly. So I think all of us need to work on this increasing capacity for risk taking. I'm not saying that if you're struggling with the success of weight loss, you're not taking risks, that's not what I'm saying at all. I'm just saying that often, the more that we're okay with vulnerability, the risks we take change and what we pay attention to changes.

But we don't know that until we actually embark on the process and I think that's the most challenging thing about talking about unconscious beliefs is often we just don't know what we don't know, kind of like, I know a lot of people like I didn't know I could feel this great, right? I thought the least I could do was like get by every day. And it's like, "If I knew what I didn't know," which is challenging.

So I just kind of want to summarize before we go and you know, kicking off, think about what you think thin means right now. What identity would that challenge about you, what might you lose if you became the thin person, if you had success? What identity might have to shift for you? Then on a daily and weekly level, get more comfortable with success feelings, calm, content, enjoy and remember, it's sensation based.

So look for when you're feeling expansive, how do you keep that going rather than maybe create more drama or sabotage and go pick a fight with someone or make work for yourself when you're starting to feel that. Lastly, increase your vulnerability muscle, and I think the best way to do this is put yourself in situations that are brand new to you, or that you're not comfortable with, or that show that you're trying, right?

I think a lot of us who aren't comfortable with vulnerability never want to look like we're trying. So put yourself in a new situation and success essentially, it feels amazing, it creates an even bigger opening of what's possible. I think of it as a cocktail of freedom, possibility, and joy and then it splits you wide open to more and that openness to life is inherently vulnerable, right? because you never know what's going to fly in.

[0:59:11.6] JB: I think just be ready for that. Like Kirsten was talking about being afraid of the other shoe dropping, refrain that and maybe you don't just call it the other shoe dropping but just be ready for anything to fly out, I don't know. A bird could shit on your head, who knows, just be ready for it.

[0:59:32.0] AS: Or I like the refraining of, "I'm not afraid of the other shoe dropping, I'm practicing feeling success." So either way. But this has been a great episode, Linda is up next with her fifth Truce With Food update so stay tuned, she's having a lot of success I hope she listens to this episode. Thanks for such a rich discussion Juliet.

[0:59:55.5] JB: Thank you Ali.

[END OF DISCUSSION]

[0:59:56.6] AS: Hello everybody and welcome to Linda's fifth Truce With Food update. We're five months out of the program now Linda and I think every time we set this up we're like, "Oh my god, I can't believe it's been five months."

[1:00:09.8] Linda: Right, exactly.

[1:00:11.2] AS: A brief recap for people who are listening, we started following Linda, this is all unscripted, I had no idea how it was going to turn out, neither to Linda. She just took the plunge to sign up for Truce With Food and you can start at the first month in April. It's back in April, I think it's — I'm forgetting the episode number but if you start back there, we follow Linda and checked in with her at the end of every month with truce with food.

In month one we talked a lot about food and how good you were feeling in month two and three we're some muddling but some of the big emotional breakthroughs you had and then last month was the program was over and you were really like out in the wild and really succeeded in traveling but learned a lot of things in the process. So this month, I have no idea what has happened because we haven't had our group call, so this is a little different for you listening where we'll probably hear more coaching than the past ones. So update me, what has happened since we have last spoken?

[1:01:04.7] Linda: So it's funny because I just listened to the podcast that aired with my last update, so I was like, "Oh good, now I know kind of where we left off." bBut essentially, last time we were going into kind of my first month where I was getting back into my normal routine without traveling around and doing what not. So my goal was to kind of reassess where I was and see how I can kind of move forward and kind of take my truce with food to the next level, so to speak.

So some of the ideas in the program were, if you're still feel like you have room to change, either maybe try eliminating gluten to see how that impacts you or dairy, and I made the decision to try to eliminate alcohol because I love my wine. Or actually, I should say, "I believe that I love my wine," and it was something that I felt like, if I feel this great, just by making the changes to my diet, I'm still like regularly drinking wine, how would I feel without that? And I wanted to really experience kind of what it would be like to do that?

So that's kind of where we left off and I was ramping up to do it and I kept putting it off. I was still following my blood sugar balanced meals, but I noticed not only was I not giving up the wine, I was like ramping up, I was drinking more wine because I think because I had this impending nervousness about the elimination of it. I know like something that I believe I learned in this program is really not to be like all or nothing where you need to get rid of, you know, "I need to cut out the wine, I'm never having wine again." Because I just feel like making those pronouncements makes me want the wine more.

But what then I started to realize though, I was like, "Why is this so hard for me?" I was thinking back to when I'm successful earlier in the program, I was really like kind of restoring myself either before I got home from work or right when I did. So I kind of went back to basics, I started

doing that but then I noticed, I was fine during the week and then on the weekends it was still happening. In the meantime I was li”Ae”, all right, this is still not going the way I wanted it to. I kept kind of taking that linear, nonlinear path that we had talked about to kind of reevaluate what was or wasn’t working and so I signed up for a different online course to just kind of, I guess — I don’t want to say give up alcohol but it was kind of had a transition to an alcohol free lifestyle.

So it gave a lot of tips and I’m like now my second week of that. So the cool part is I have eliminated alcohol, I feel really, really good. Like I’m two weeks in now and the interesting part is, this is my favorite part and I was really excited to tell you about this is that I did notice, if I had done this before I did Truce With Food, I would have completely substituted the wine for sugar, I would have been having treats when I got home, I would have felt like I deserved it.

But what I’ve realized is I just wanted to take that component out and so now I do notice like if I’m craving something sweet, I’m able to go back to a lot of the tips we had, which is like, “All right, what did I have at my last meal?” Maybe in some ways it’s because my body was getting relying on the sugars, I don’t know? But I’m really working to focus on that kind of food pattern and then assess my feelings and stuff because I feel like in the past I did it because it was easy because I didn’t have a lot of cravings besides my wine. When I was allowing myself to still have it, I wasn’t truly experiencing all the benefits of everything we did. So I kind of feel like I’m in the beginning again but with a lot more knowledge and a lot more — maybe I’m trusting my intuition more too I guess, we talked about that a little.

[1:04:42.6] AS: Yeah, so I have some questions for you. So first of all, I love that rather than I think what sounds very different is when you were resisting giving up the alcohol rather than being like, “I’m bad,” or all the, “Why haven’t you started?” You engaged in an inquiry process that sounds like you coached yourself, which is always my goal for people. I always want you to be your own coach at the end of Truce With Food or you know? So what was the inquiry process that you went through?

[1:05:13.6] Linda: It was interesting because in the very beginning, the first thing I wanted to do, I love writing to the group, it helps me reflect. So I had originally started and I was like, “I don’t know what I’m doing, why is this happening?” And I’m like, “Wait, why am I asking what you and the other ladies in the group, why is this happening when you can’t tell me why I’m

drinking?” And you had some suggestions at one point maybe you need to restore yourself, kind of a little like you need more energy to go into the night.

So that was the inquiry that I did. So rather than asking people how do I fix this, I started looking at, “Well what’s happening when I am having this wine? What’s going on?” When I tried some different things, I experimented with my after work routine, coming home and I played around with getting home and going right upstairs and try to change into my clothes or taking a shower, and all those things worked but I also realized what I wasn’t doing was really investigating like — because we’ve talked a lot about like that inner child critic kind of thing that drives us to do this things.

I kind of pushed that aside during that part and I noticed now that I wasn’t really reflecting and that’s why I say I felt like I was in the beginning of Truce With Food because I forgot about Leanie who is my inner child and I was really addressing that but at the time I’m trying all this different things and I’m like, “It’s sort of working but it’s not working,” and I think the reason I knew I wanted to try something different like completely different was because with all the other things we did, I was able to kind of like hone in and get focused and the change would happen a little quicker than this was, and that’s what was I think if anything, a couple of things.

First I was like, “Why is this so hard?” And that was scary to me and I started really getting worked up and nervous and then that’s when I took a breath and said, “All right. There’s got to be other resources. I can’t be the only woman having this issue. So what are other women doing who feel like they drink too much?” I Googled and checked some resources. The other thing that I did was I adjusted my work schedule and it kind of came out of a force of, like we needed to do something if my kids get home from camp at 4 o’clock.

Me or my husband needed to get home or we needed to get a sitter. I was like, “You know what? It’s summer and work is kind of relaxed, we’re in a different location this summer.” I’m like, “I think I can maybe tweak my schedule and work seven to three.” Originally, when I would drink wine at night, there was no way I would be out of the house and at work at seven. This was almost like, is forcing me into changing my routine anyway and it turns out, first of all, I love it.

I leave work at three, so I get home at like quarter to four and I have time just like kind of to myself to take a breath and take a break. Even if the schedule doesn't last forever, I'm starting to develop or maybe see what I need to nourish myself before I head into the night like that transition is, like I can see what works well and I may not be able to do this all the time but I can kind of use these principles I think.

[1:08:18.8] AS: Yeah, what we often talk about in Truce With Food is it's not that you have to do it all the time but if you do it enough, then the times that you can't do it, you have the energy or the stamina or the reserves to adjust, right? That's part about not being all or nothing. Like, "Oh my god, I actually don't need it all the time, it would be great but if I'm living in the real world, there's also, I'm not going to panic if I don't have it all the time."

I just love that because then what you're showing is I think so many times people think the healthier they get, the more deprived they're going to have to be but what you're saying is, "Wow, life is opening up in this way that I wouldn't have seen before." I also love what you were explaining is that basically, because you weren't substituting ice cream or sweets, you were able to get more clarity about the role that alcohol really played in your life and I think this is, for people listening, this is often why food diaries are actually not that effective, traditional food diaries.

Because all of us in some ways are blind to ourselves, it's not because we're cheating on our food diary, it's not because we're trying to be in denial, it's just we can't see clearly. I think that's why coaching or a group program is so important because all of us, even coaches, need that outside perspective because when you're in it, it's just too hard to see it. It's impossible.

[1:09:39.2] Linda: Right, right. Totally great.

[1:09:41.9] AS: But what I do love is that you have the coaching mentally now that rather than going into judgment and shame and like, "I just can't do this," it's like, "No, I can, if I have the right questions and the right angst to focus on."

[1:09:54.9] Linda: I won't lie, there was a day or two in there when I — there was that shame kind of thing, but I think the cool part was that first of all, I felt that and I didn't like go off the

reserves and start eating and going back to old behaviors. I didn't get frustrated to that degree but I did feel it and I think maybe it was that was that maybe that felt really unusual for me at this point now that I was able to kind of pull out of it and think about like, "Why is this happening? Why is this so hard?"

[1:09:54.9] AS: Yeah, that's such a great point, I think part of the illusion or the fantasy of weight loss is, "Oh I'm never going to feel ashamed again, I'm never going to feel insecure. I'm going to be, I always say, bullet proof like once that happens." But it's like, "No, you're still going to be human, and you're still going to be in human condition," and the important thing is that you feel those things and recognize kind of the pattern that they trigger rather than being so in it that you do eat or you drink or what not.

What you're describing is you had some distance from it, it doesn't mean it doesn't happen but you just know how to navigate that and I think in the last episode, you talked about how oh you realize you're not that person anymore that one day it turns into a week, turns into three weeks, turns into four weeks and that's a micro chasm of why.

[1:11:09.1] Linda: Right,

[1:11:09.1] AS: You're not that person anymore.

[1:11:11.1] Linda: Which is awesome. That person made things really hard.

[1:11:16.2] AS: Right? But can you have so much compassion for that person who was trying and I think that's what is so important for everyone if you are struggling like traditional diets aren't giving you the actual inquiry process. So you think you've tried everything but...

[1:11:34.2] Linda: Right. Yeah, for so long I thought it was the will power and that's why I think maybe going through what I've been through with Truce With Food when I was like, I want to make this change with the alcohol, I was like, "Why is this hard?" The other things weren't this hard, that's where I was like, "It feels like it shouldn't be this hard. Something else is going on." That's why I was like, "You know I think to figure it out, I think I need to not have the alcohol

because the alcohol kind of numbs me and makes me not really kind of work through these things.

[1:12:08.1] AS: I loved how you, I think it's important too you said, "You know, I trust my intuition more," and I think one of the big goals that I have interest with food is for people to trust that intuition more because what that does is that makes you feel more whole. When you feel more whole, it presents as feeling more confident or more capable and then you're able to look at that harder stuff rather than it be overwhelming, it's not that the hard stuff goes away, you're like, "No, I can do this," right? We talk about resilience so much on the podcast and in Truce With Food but it's like, "Now I have the resilience that I can get through this."

[1:12:41.6] Linda: Right. I think that was the original like last month, I remember that's how I felt because I was like, "I feel like I can do anything. I just need to figure this out, I may not be able to do it right away." I listened to the last podcast I was like, "Wow, I'm doing it, I'm excited about it. Not easy but it's working and I'm really excited about it." I think the weirdest thing now, this is the one thing that I felt like was my Achilles heel and it feels like now, I'm kind of set. I don't want to say set for life like I'm perfect and I'm on the other side of this but I feel like now I really have access to all the tools. I feel like now I'm ready to do it. I'm ready to kind of spread my wings. It sounds so corny.

[1:13:27.7] AS: It feels like it's not going to like client side was like, what if I backslide or... I think this is important, this is the fifth month right? this is why when people do 30 day challenges or a week challenge it's like no, if you really want to get out of the pain that you're in and change things, it takes time and we're all on a different learning. If that kind of change doesn't happen in 30 days and you need someone to help you figure out what's really going on versus falling back into those old patterns, that your mind wants to say, "Oh it's about this or what not."

[1:14:00.8] Linda: Yeah, because I think over the time, there were so many times where I would kind of come up with a theory and you would ask questions. You were like, "Your theory's bad," but you would asked questions that made me like, "I don't know? Maybe that isn't what it's about or maybe there's more to it than I'm seeing?" I think that's the part that even if I read a book or something it wouldn't have given me kind of that feedback that really, really helped.

[1:14:25.4] AS: Yeah, well and tying that into being like “I can do that”, I think a lot of people — I have my issues with the coaching industry. Even though I love it, I think one of my friends, she thinks 90% of the industry of coaches are actually take this “trainer mentality”, which is, “I’m going to hold you accountable or I’m going to cheer lead you on,” right? Neither of those actually give you what you’re describing right?

What you’re describing is I can do this was I was like no, you may be stuck but I’m going to give you the tools to be what they call in the human development research, self-efficacy right? We developed self-esteem when we can actually learn that we do things, not people telling us we’re great, not people telling us we’re beautiful, that we look better in a dress. We develop confidence by working through the hard stuff and eventually it becomes fun. Not to go like, “Oh yay!”

[1:15:18.2] Linda: I think that’s like my enthusiasm and I know like other people in the group have noticed that I probably seem very positive and enthusiastic, it’s because I am because this is exciting. Even though I have, like I said, I have the bad days and I have that shame thing. When I get out on the other side, I’m not reflecting on those hard parts, I’m reflecting on how exciting it was and so that’s why I see them over the top sometimes but it’s because I love that sense of discovery, I feel like with each step, there’s going to be more. I’m like, “I can’t wait until I can do the next thing,” and I don’t know what that is yet.

[1:15:55.7] AS: That’s how I know people, there was also really last when through the course of the program, they developed that value for curiosity and discovery because to your point, you said, “I kind of feel like I’m starting over” and I want you to clarify that because I think people are like, “What do you mean?”

This is like unscripted, I didn’t know how it was going to turn out but I always compare wellness to a spiral staircase, right? Philosophically I think we all come into life with like maybe a couple of questions like deep philosophical questions and then we just revisit them. So through food, some exercise, some alcohol, through work, relationships. The point is, every time you just kind of swing around and you have like a new view. It gets easier in a better view but you do often come back to, “Okay, what did you mean by starting again?”

[1:16:43.0] Linda: You know what? It's funny because I kind of have that image of a spiral staircase and because you say it's not linear, I never picture in a direct path and even sometimes I'm probably going back down the stairway but never to the bottom. So if I look at the bottom sounds like rock bottom when I started. I was pretty frustrated with where I was at when I first started working with you, so maybe that was the bottom.

I do feel like each time maybe I'm getting to a new landing, maybe there are times where I moved down a few steps and I remember a few times where I felt like I was going backwards, that's where I kind of then propelled me to move up like a whole another flight. So when I say I'm starting over, I think what it is, maybe I've reached a different level of this stairway if you will, just stick with that analogy and I think what's happening is, what I want to do is really go back and just start revisiting some of the stuff we've started with and I feel like that's going to help me.

Because I think in the beginning, talking to Leanie, who was my inner critic was really helpful. I've kind of let her kind of go by the site because a lot of what I'm doing, I don't have to think of all the time. I do know that I haven't solved it all. I know there's more work to be done. So I think when I say the beginning, I mean, let me go back to the basics and kind of like revisit that and make sure I'm incorporating that again into my new lifestyle.

Because I think the eating part has gotten really easy. That's not a struggle at all, it is like one thing, every night, I look forward to this cup of tea before I go to bed. It's like this thing, I'm like, "I can't wait to have it," and that would never ever have been the case. This is new, like two weeks ago when I started this but it's those kind of things where I'm like, certain things are just becoming easier but then again I haven't had like a big social event, I don't know how that's going to go.

In the past I would just drink a lot. We've had a lot of suggestions in the group like set your boundaries, how long are you going to stay in order to not kind of do that? I never had to worry about that because in the past I've been like, "Oh I'll just have some wine, I'll be fine." Now I really want to kind of use some of those tools as I go forward.

So I think starting over means kind of maybe taking the material and the concepts and applying — you know what it feels like? Maybe I came in to the program at a different level than I am now and I'm kind of like revisiting and kind of working back through as if someone had done it already, I think that's what I mean.

[1:19:06.6] AS: Yeah, I think first of all, when it felt like you were going backwards, you were really just spiraling around and disoriented, right?

[1:19:14.6] Linda:? Then you were like, "No, you're here, it's this way.

[1:19:20.4] AS: That's fine, it's so important to really coach with a coach, just as a plot, whoever you choose, if you're listening out there, I'm not saying that I'm the only coach out there but really make sure the person who is coaching is coaching you and not just training you and I think... or giving tips. There are tips and there are things but to your point, you need the tools so that you could just pull things out of the root, otherwise you continue to just diet, right? Or try a new plan.

Even though you are definitely at a new place and the most important thing is you have the tools like you said to go to another level and that's what I think everyone, if you're ever considering coaching or doing a real coaching program, make sure that the deliverables are you're going to have tools so that when you're done with that program, you can live your life. I love how you said it's just all becoming automatic now, it's a way of thinking rather than...Of course there's days where sometimes even me, even me, "I don't want to reflect, I'm angry."

[1:20:19.3] Linda: Right.

[1:20:21.8] AS: We talk about how to measure that in Truce With Food. I'm so glad to hear that the food is really easy and now you've like, you said, in our emails, you probably wouldn't have realized about the alcohol without the clarity of — I think what we were talking about before we started is how important eating the right foods for you are because it gives you the sense of stability, that gives you clarity that helps you see, I almost describe it as like if a lake is really toxic and then there's like an oil spill, no one notices, right?

The ocean is just brown, right? Whereas if it's like the cruise Mediterranean and it's blue and then there's an oil spill, people are like, you know, once learned what foods work for us then like everything else that's not in alignment with who we really want to be becomes a lot clearer because in contrast is so much bigger.

[1:21:15.3] Linda: Yeah, that's exactly how it feels.

[1:21:18.8] AS: Just one last question for you. So for next month, we're going to kind of wrap up, we'll take a look at next month as our last check in with you, we'll get how your eating has changed, people and specific, we'll follow up to the wine. Then maybe some of the big emotional and tool take away. This is going to air in mid-august and Truce With Food is starting again in mid-September.

I was wondering, for people who are thinking September is a big time people think I'm going to get healthy again, this summer has been crazy, I've been drinking, I've been eating frozen yoghurt or some of my clients are on the southern hemisphere, it's been like a long winter and like spring is coming and if they're thinking of doing another diet or maybe on the fence with Truce With Food. I know I'm kind of putting you on the spot but as always, explicitly candid.

What would you say to think back like you said, the person that you were coming in here, I don't even know what the question because I think Truce With Food is right for everyone.

[1:22:17.7] Linda: Right.

[1:22:19.1] AS: You also have to be willing to do inquiry and experiments.

[1:22:25.5] Linda: Also, the interesting thing is I can think of, I think maybe a lot of people probably think September is kind of a natural time because it's like the start of the school year, it may feel natural to try to embark on something new but I feel like this is something that's very different. If they're looking for a meal plan and for you to tell them what to do, that's not going to work. So I think that thing is that it is a lot of work and it's hard work.

In some ways, it's harder than just following a meal plan and going to the gym every day, like that's hard, but you just like force yourself and shame yourself into doing it right and this is hard because you really have to kind of get deep and look at things or at least that's how it work for me, I don't know that success means everyone has to do it that way but I got the most out of it when I really — this is really vivid, this was like a month into the program and I wanted to either have wine or something to eat and I was really feeling, I was like, "What are you feeling? I looked at my picture of my eight year old Leanie and I was like ask myself to really think like, "What are you scared of? It was just like a moment where I'll never forget, that feels like a real turning point for me where I started to connect with what was going on in my life at that point and who I was and why I was doing all this.

But I will say, it's worth that work because seriously, by the end of the three month, that food stuff really starts, you start to realize what's working and what's not. I do, I feel like it's an investment and it's worked for six months or however long it is but it really pays off because you stay with it. Like now I feel like I have the tools for life. So I would say, if the question is like, "Should I so should I not do it, I guess the question is are you at the point where you want to really make a change? Are you ready to kind of be accountable and do this for yourself and not have someone telling you what to do but helping you along the way. I think that's the most important... I think that would be the take away. I think I didn't realize how much work it would be or that kind of work but I'm a; naturally like introspective person too. I just never gave myself the chance to do that.

[1:24:40.5] AS: Yeah, I think you bring it and I'm so glad you said that it is work but I think the important thing is that people are doing the quote work anyways but it's the work of beating themselves up, the energy is still there, it's not like the homework is like hours and hours, I think what you're talking, it's the having to look at yourself.

[1:24:55.7] Linda: Yeah, that's hard.

[1:24:57.7] AS: Oh yeah.

[1:24:58.3] Linda: You would have guessed on the biggest loser guy and he was like, "Well people have to look at the mirror and that really is what I've not like actually looking into the

mirror but looking back at myself and kind of understanding these things.” But the rewards have been great and I do think like the amount of energy I put in is probably equivalent to what I’ve put in before but it didn’t work.

Each time I had to do it again, maybe this time I’d actually felt like a lot of work too because I’m like, this better work because I don’t have it in me to do something else that doesn’t work. This has to work, I needed it to work.

[1:25:35.5] AS: Yeah, I total understand, most people come at like, they’re ready for something different. You bring up a good point and I think this is so important. Most of my clients don’t mind doing the work but you want a return on your investment. That’s the thing. Whatever program you’re going to try, whatever attempt you’re going to do, I think the point question is, are you willing to do the work but are you going to get back what you’re putting in? Most people can keep going if they’re getting some sort of return right?

[1:26:06.6] Linda: Right. You know the interesting thing is and when you say return, it also probably depends on how you’re measuring it. Because for me.

[1:26:14.0] AS: Sounding like a coach.

[1:26:15.1] Linda: I know. I’m like, “I’m down my dress size which is awesome and I’m excited about that but I still have a lot of weight to lose,” or however you want to measure it but I would like to get smaller. But I’m not hung up on that. I’m not concerned because I know that will fall into place like I believe that it will. And actually, the interesting part is, I feel like I’m getting comments like, “Have you lost weight?” That kind of thing. I don’t know, I think I’m probably carrying myself differently too because I feel more comfortable in my own skin. I don’t want to say I don’t want to lose weight but even if nothing really changed, I feel really good. So I think there’s a lot of things that the pieces have fit together, so I think that’s important.

[1:26:54.7] AS: Yeah, you know I’m a huge fan of, I mean not a huge fan but if people want to lose weight, then you have to honor that. I think telling people not to lose weight is the same thing as telling women that they should, it’s the same judgment, right? Anytime we’re judging and making an opinion, it’s the same side of the same client but also I would say, you bring up a

good point is when people get off the all or nothing cycle and they start eating what's right for them. Even if, I mean, yes you're down a dress size and they do carry themselves differently but also your body composition changes. You're not as inflamed, your body's more balanced, it's even, there was an exponential change that even maybe a dress and clothing size doesn't reflect.

Your body is getting really into balance and I think, I love that you said I know it will happen because that piece of mind is something that I think diets never gave me. I was always like, "How long is this going to last?"

[1:27:49.0] Linda: "I'm doing it wrong," that kind of thing.

[1:27:51.8] AS: Or the scale would go up one pound, I was like, "This is the end!" Well thanks so much for being candid in everything and I can't wait to hear how like in month six, everything comes together and are you cool with if we kind of look into your food?

[1:28:06.1] Linda: Absolutely, yeah, totally.

[1:28:08.3] AS: Great, well thank you so much Linda and again, everyone listening, Truce With Food starts again in September. You can learn more about it at alishapiro.com/truce-with-food. Would love to have insatiable listeners in the program.

[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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