

Comfort Eating – Insatiable Podcast, Secret Episode 1

[INTRO]

[0:00:08.4] AS: When you're fed up with fighting food and your body, join us here. I'm Ali Shapiro, creator of the Truce with Food® program and your host for Insatiable, where we explore the hidden aspects of fighting our food, our weight, and our bodies, and dive deep into nutrition science and true whole health.

Fair warning, this is not your parents' health care. This is a big rebel yell to those who crave meaning, hunger for truth, and whose lust for life is truly insatiable. Believe me, freedom awaits.

[INTERVIEW]

[0: 00:47.4] AS: Welcome Insatiable listeners to our secret mini-sode about how to stop comfort eating. Tonight, we are going to talk about **the three different comfort eating styles we go between, the one mindset shift needed to stop comfort eating, and how to get into this mindset** with my real clients, or I should say former clients that are here, Karen and Linda.

Thanks for joining me guys or gals.

[0:01:11.3] Karen: You're welcome.

[0:01:13.0] AS: We've been laughing before we even got started, and we'll explain why once we get to the different styles. We're joking that we're going to be competitive or

accommodating about giving the best answer. So I hope that you guys really enjoy this.

So tonight I really — Or after this episode I really hope that you walk away with a framework to stop comfort eating. One of my favorite quotes of all times is from Einstein who said, "If I had an hour to save the world I'd spend more time defining the problem than actually solving it."

Really, this root diagnosis of why we turn to practicality has very little to do with willpower and discipline and it's more about when we feel powerless over our stress and overwhelm. By powerless, I mean, that we don't have any choices. It's not the stress itself. It's when we think we have no choice in how we handle what's coming at us. So much of freedom, specifically food freedom, is about the ability to choose.

So what exactly are these three styles that only adds stress and leak energy towards pursuing our health goals, but also make us feel powerless over our stress and send us straight to the food and booze? These three styles are called the competitor, the avoider and the commentator, and these three styles are adapted from the Thomas-Kilmann Conflict Model.

So if you kind of go over each of the three — So the first style that we have is the competitor, and the competitor really values their goal but not the relationship in pursuit of their goal. So if we in that relationship can be with their own bodies, right? For example, with our bodies, we value weight loss over cultivating a relationship with our body about what's supportive over the long-term. We kind of ignore our hunger, ignore what really works for us and does a plan in pursuit of this vast weight loss, or we push yourself through a workout even if we're exhausted at the end and maybe it's the week of our period, which means we should pushing ourselves and we should be

doing restorative exercise, but we don't value the relationship to our body with their energy levels. We just kind of want to achieve our goal at all costs.

A little thumbnail sketch of the competitor; the competitors views their body and certain life areas in competition with others, either their thinner so or mostly their family or peers. Skinny is winning because being thin gives us the most confidence, have the best dating options and the most happiness. The competitor basically wins at success. Competitors feel extremely accomplished when losing weight and take aggressive risks in life the more weight loss success we feel. These risks, not our weight loss, lead to more success and happiness. However, the finish line for competitors is always moving as we really fear missing out. So we always feel like we could lose 10 more pounds or achieve even more making a challenge to savor what we have achieved.

On the flip side, when we're gaining weight or feel out of control with our eating, competitors overeat because they feel behind, like they're losing and missing out. If we're losing at weight loss, we fear we'll also miss out on success or happiness. The challenge with this — Another one is the competitor will always find someone thinner or further ahead of them, and our own finish line is always moving, making competing unsustainable.

Over time, the competitor eating pattern leads to isolating ourselves as we feel different in a bad way, like our food issues are something uniquely bad that we cannot share with friends and family. The isolation creates a self-fulfilling prophecy as we miss out on success and happiness from not engaging with areas of life that can create the connection and happiness we are craving, which includes having a strong relationship with our own body and what it needs and wants. Competitors conclude we're losing because of our weight, when in reality when we are losing weight we took risks to put ourselves out there, and thus achieve more success and happiness.

In summary, competitors, they think, "Am I ahead of behind? Am I winning or losing?" They tend to feel angry when they're losing. Their behaviors are overachieved and then isolate themselves when they're not overachieving. They self-sabotage by comparing to others and they tend to frame situations as black or white.

Sound familiar, guys?

[0:05:34.9] Linda: Like I'm so familiar.

[0:05:37.3] AS: Or gals, I should say. The default no longer should be male. Okay. Side commentary. Next have the avoider. The avoider views eating healthy and weight loss as really hard and complicated, because avoiders tend to build up or over-dramatize what will be involved for results. We often choose eating plans, like whole 30, which is extreme yet confirms our dramatic view of food, or weight watchers which enables us to avoid doing the emotional work around food. Avoiders are great at switching plans when imperfection hits. Avoiders feel that skinny is success, because it will be easier to be the real confident us. The drama will be gone. It will be easier to use our voices and interact with the world.

Avoiders have confidence when losing weight, because we take losing weight as a sign we have the answer, the dramatic answer, which keeps imperfection at a minimum, making life appear easier when we're often just avoiding what's complicated. Because we are taking action instead of avoiding, we generate momentum, which leads to success.

On the flip side, when the perfect choice is unclear, the stakes feel so high that we withdraw or shut down or when other people's negative reactions to our food and life choices occur, which is often because we avoided sharing our needs. We go into chuck it, fuck it mode and tend to brew and eat in frustration.

Because avoiders will need to discover what foods work for our individual body and transform the avoid pattern that keeps them stressed and overwhelmed, avoiding the feeling of they're not being a perfect answer or solution is unsustainable. Over time, the avoid her eating patterns lead to resentful overeating outbursts through the drive through or home cabinets from avoiding getting our physical and emotional needs met.

This overeating will have a switch to another rigid plan instead of developing confidence from working through the imperfect yet empowering process of discovering our food needs and bodies power. Because we don't learn to communicate clearly about our needs, a self-fulfilling prophecy of food, health and weight loss being so dramatic [inaudible 0:07:36.4] and we lose confidence.

The snapshot of the avoider is thinking, "Don't rock the boat. Check it, fuck it. Why will it matter?" Feelings are condescending self-doubt and resentment. The behaviors are to withdraw or shut down or procrastinate. Self-sabotage by making things more difficult by building them up. Become dramatic [inaudible 0:07:55.7] and frame situations as all or nothing.

Lastly, we have the accommodator. The accommodator's view — Oh! And I forgot to mention. The avoiders, they don't value their goals and they also don't value their relationships, right? If we're not really telling our body or the people in our lives or work, etc., what we need, we're not really valuing what we're trying to pursue. So we don't value our goal enough to make it happen and we don't value the relationship to get there.

The accommodators. Now, accommodators really view the relationship with, say, their bodies, or other people, but they don't value their own goals. So that's equally problematic. The accommodators views eating healthy and weight loss is difficult

because we use food to treat and reward ourselves. We get excited to eat bad on weekends, holidays, special occasions, like going out to dinner or vacations because it's an excuse for a well-deserved cheat.

We feel that skinny is success because life will be more fulfilling as we choose more what we really want instead of accommodating our own should, have to's and others. Accommodators lose weight when they keep healthy food exciting, don't feel deprived and have interests outside weight loss that keep them fulfilled. This creates an energetic cycle of meaning that leads to even more desire to keep meaningfully exploring health and life.

On the flip side, when food becomes the main source of reward in connection, we lose the desire to prioritize healthy eating. We feel board and deprived and don't want to miss out on the fulfilling time as we're now already low energy. Because food is a constant source of stimulation, entertainment, and bringing people together, relying on food to be the highlight of our days and experiences is unsustainable. Over time, the commentator looks for more and more reasons to cheat, like when we forget our pack lunch or because we had a hard day accommodating everyone else leading us to feel we have an abnormal love of food and it's harder for us to healthy.

As accommodators rely more on food to be the way we reward, connect and spend our time, for example, weight loss becomes our only hobby, which happened to me for several decades or a decade, resources are diverted from finding other fulfilling pursuits. Self-fulfilling prophecy results as we come to love more than others because it's serving as a source and meaning beyond taste.

This summary for accommodators is thinking, "Am I doing enough? How can I adapt make this work?" The feeling is generally one of guilt, behaviors, or people pleasing adapting, trying to fix others or rescue them. Accommodators self-sabotage by

keeping score, right? This is why I deserve this treat, and they frame situations as either/or, and I totally forgot to say that avoiders frame situations as all or nothing. I think I forgot that. So that is the summary.

These are the three comfort eating styles that keep us stuck around food and bodies and are also ways we see stress and overwhelm that make us feel powerless and then turn to food. In other words, you have the surface battle which is with food, yet it's reflect during deeper emotional battle with stress that makes us overwhelmed and turn to food.

While we do flip between the three styles, there's usually a pretty comfortable resting place we each have. For example, I didn't know it when I was battling food, but I was a competitor with my previous thinner self and also compared my bodies to other women, and I used to compete in my career too. However, when I don't know people that well, I tend to accommodate. So we do tend to flip through styles. Karen and Linda, do you guys find that you flip through styles as well? Like kind of seeing yourself on all three?

[0:11:37.4] **Linda:** Totally.

[0:11:38.4] **Karen:** I feel like even as you were explaining that again like, "Op! Yup, that's me with food. Op! Yup, that's me with work, but then I do that with exercise and [inaudible 0:11:44.7]." I feel like I can see both in a lot of — Or all of them in a lot of aspects in my life.

[0:11:51.0] **Linda:** Yeah, the same here. It's like there were pieces of each one that I totally see, and I don't want to say I'm completely solved from it, but I also at some points in my life, and maybe it was like a power persona or different situations that might bring out different personalities.

[0:12:06.4] AS: Yeah. That's how nuanced it can be of when we switch styles. Different people are triggered different. Different ideas from our past of how we have to manage this. I think you guys both bring up a good point about like when you're first coming into this framework, you see certain things at the surface and then the more you go into it, the more you're like, "Oh my God! That's what I'm doing." You can't see everything in the beginning, right? It's just too hard.

Okay, so now that we know what the actual challenge or root diagnosis is, what's our prescription or the solution? So we need to shift into a fourth conflict style, which is collaboration. Collaboration is when we work with our body, our emotions and the people we care about and how we spend our time to cultivate successful and meeting outcomes. In other words, conflict can be useful. We are not taught that. This is the mindset shift in and of itself. But especially in white supremacy cultures, conflict is viewed as bad, because it upsets the people and power, and the power structures are intentionally designed to keep us in our marginalized places. That's why our culture is so violent. That's the history of keeping people in their place.

In truth, conflict can be productive and produce wildly creative solutions that we can't see at first glance. This is very true with food and our bodies. When we collaborate with what our bodies need, that includes food, emotional, and soul hungers, we can live a wildly, freeing and fulfilling life. So the key mindset shift here is to see conflict as productive when it's collaborative. I like to think of conflict, not as conflict, but a creative solution opportunity, if we can rename it, because conflict has such a negative connotation. When we view it as an opportunity to delight and surprise ourselves, we're more likely to put in the effort.

One of the highlights of my life was when I discovered I could reverse my allergies, acne, asthma, depression and IBS By collaborating with what my body was hungry

for. First on a physical level by learning the right foods for my body, and then once I got some power and confidence back, I was able to listen to what was left of my depression or emptiness as a symptom. This collaboration led to going back to grad school at Penn and creating my out-of-the-box Truce with Food approach. Am I allowed to say it's out-of-the-box? Does someone also have to say that?

[0:14:26.3] **Linda:** You should know [inaudible 0:14:26.7]. Yeah.

[0:14:29.5] **Karen:** I'll say it for you! It's out-of-the-box, but it's great.

[0:14:33.3] **Linda:** Out-of-the box, but not meaning like from a box. You know what I mean?

Like prepackaged. It's like there's no box, right?

[0:14:42.8] **AS:** You're such an alumni that you're clarifying the context, right? You know that people can take so many different meanings out of that. I love it. I know that sometimes people get pulled apart on the web and internet when they call themselves a thought leader. It's like, "You're not allowed to call yourself that." Okay. But I can say this as out-of-the-box.

All of these was collaboration between my body, emotional fulfillment and mending my soul from having had cancer. So that's macro view of what can happen when we collaborate with our bodies. I mean, this has taken me years, but you start to get relief on a daily basis and can start to reduce your stress and it starts to alter the course of your life in subtle yet profound ways the more long-term level we get to collaborating.

Before we get to that, I want to give you a tool, which are two questions that will enable you to operate effectively, because while this is simple, it doesn't mean easy. So to really shift into this collaboration mindset, where conflict can be collaborative, you needed to get clear on, first;

What are your needs? Second; What are the needs of the other person or the situation at-hand?

Often, we are reacting to what's happening versus checking in with ourselves and figuring out what we need. I can't tell you how many clients find this small act profound and revolutionary. So to collaborate affectively, you start with checking in on what's important what you need and then you need to get clear on what's important or needed by others or the situation, and make sure you ask people what they need. Don't assume. If it's a work project or something, get as clear as possible on what's important or expectations are needed with the project. Each situation will have different important things.

Okay, so now we can get the talk show, the talk show, Linda Richmond portion of the show. Oh my God! The millennials are probably like, "Who's Linda Richmond?" She was this woman on Saturday Night Live who had a hilarious skit. But, I'm going to start with you, Linda, since you're our competitor representative. You know Karen and I can both totally relate. Can you give, first of all, about how seeing this pattern with your own health journey supported you, and then can you give some specific examples of how collaborating with this supported you?

[0:16:54.4] **Linda:** Yeah. So seeing it really helped because it helped me identify when I was in that, I was to say collaborative pattern, but competitive pattern. So, for example — And I actually didn't realize that this is what I was doing until you were talking about the collaboration approach. I think without having a name for it, I was going through this really stressful time at work and I was trying to work out, like I was like, "If I work out, I know my life is going to get easier. Like I know I need to do this." So I would work out, but I was really mad at myself because it wasn't as easy as it used to be, because I hadn't worked out for like six months.

So it was this back and forth situation where I would try and then I would be like, "I'm not where I was before." So if I did like an intense yoga class, like I couldn't do like the planks, and it was frustrating. So I was like, "Six months ago I could do these. Why couldn't I do it?"

So I kind of looked at it and I actually think it was because I heard you say something similar on one of your podcasts, and I was like, "I think I'm getting mad at myself and that's kind of making this cycle worse," because I guess looking at it I'm like I was probably competing with my six month ago self, like, "Why is this hard?" and I checked in like, "What do I need right now?" I'm working out because I want to be less stressed. That's really the goal here. I guess kind of framing it in my competitive self, I made it a goal. The goal was to reduce my stress.

So I started doing gentle yoga and I was like, "I'm not going to judge the fact that I'm not working out. I feel like I need to work out gentle yoga. To me, it's not a workout." But I did that, and doing it a couple of times a week got me kind of out of that mode, and it was also helping me get a little bit stronger because I just really hadn't been moving. But I think it was just really just recognizing that it was happening. I think, to me, I noticed the competitiveness feels like a battle when I'm feeling like I'm going into war with something, and that's what I think I'm noticing in a lot of areas of my life where at work, if in the past I wouldn't tell people that I was gluten-free, because I'm like, "Oh, what if down the road I decide to cheat and have gluten and they're going to be judging me." It's like, "That's me being competitive with myself about — That's me showing, telling people about —" No one cares. They don't even notice what I'm doing. But it's like when I noticed that, like tense. I feel the competition, like I'm going into battle. That's when I tried to check in, like, "What's really going on here? There's something else at play."

[0:19:19.1] AS: I love that example, because both short-term and long-term, the competitor's challenge is to accept their own cycles and timing, right? That like the finish line is in your imagination, right? It's like there's going to be cycles when we don't exercise or there's going to be cycles when we're not sleeping well or whatever, and it's being okay with that. I think what also you highlighted was the other challenge is for us to figure out as competitors what metrics really matter to us, versus what we've been conditioned to believe we want, which in our culture is faster, better, all the stuff. But you started to feel better immediately in terms of, "Okay, where I am," rather than, "Okay, but I'm going to compare myself to my old self." But that self is not there anymore. So it's like, "How can I feel replenished now rather than exhausted by a battle with myself?"

[0:20:06.5] Linda: Yeah, that's exactly. And I also think it's that like baby steps, like going into this big battle where in reality it's like, "Well, what am I looking to do? Just feel better tonight." Like get to one class, do one thing, and I think that's where I love having goals and being a goal-oriented person, but sometimes it needs to just be a little bit shorter of a goal. It doesn't have to be the giant goal.

[0:20:31.2] AS: Yeah, but I would also say that shorter goal got you to now you're working out again regularly.

[0:20:35.3] Linda: Yeah, that's right.

[0:20:37.6] AS: Instead of going from 0 to 60 to get ahead or be where you were before you, you went 0 to 10 to 20 to 30. It's like you will get back to where you were, and even further, because the battle itself is what wears us down, ultimately what sabotages us. When we're battling food, it's the battle itself of food and then it's also this battle with our stress. But we can handle stress and overwhelm actually if we know we have choices.

[0:21:00.3] Linda: Yeah, so true. So true.

[0:21:02.2] AS: Thank you. So I'm going to stand-in for the avoiders. All the avoiders I reached out to were avoiding. I'm just kidding you. If they hear this, I'm totally kidding. I think they would laugh too. We're pretty humorous bunch here. But I was going to give an example about exercise, because that's still something that I can easily avoid, and it's similar to Linda's theme of exercise and eating momentum. Avoiders need momentum, and once I discovered maybe five or six years ago that exercise doesn't really influence your weight that much, the incentive really dropped. Once I was eating regularly, I was like, "I don't need to work out is as much."

However, we know being sedentary is bad for you and it does tremendous bigly things for me in terms of my mood, my energy. Karen's shaking her head. You know I cannot get in these little political references. For me, I avoid when it comes to exercise, because I want there to be the perfect solution. I wanted to be at lunch time when I have the most energy. Right before lunch, I'm still kind of caffeinated, but not like too tired. I wanted to be a group class, because I work by myself and I need the group class. I want to be able to walk there. I hate driving. I wanted to be something where I can lift weights part of the time, but then do hip-hop. I put all these stipulations, because I'm looking for the perfect solution. Then I end up doing nothing.

So what is really important for me to realize is that there is no perfect solution. There is an imperfect solution, but I don't need things to be perfect and to make progress with working out, because at the end of the day I'm looking for an energy rush and to calm down. I can do that walking around. There's a park 10 minutes for me. I can do that.

For me, I've really learned to simplify where I can in terms of where can I make it easy that I don't care, right? The days that, for me, exercise is just about getting some energy, go take a walk, and then a couple times a week put in the effort to get to a

class. It may not be my ideal time, but can I get as close to the time that I want, because I'm also trading off the solo aspect of that. I'll get to see people. It'll engage me mentally, because it's a boxing class, and you have to concentrate. Really thinking, for me, in terms of what will give me momentum is a really great tool that has helped me to not void for as long. I may sometimes like still avoid for a day or two, but then I know now that if I keep avoiding, it's just going to get harder and getting momentum back. Especially, Linda, as you are talking yoga, I started going back to yoga three months ago right in December and, my God, people think yoga is so easy. I couldn't do the planks. I couldn't hold the downward dogs, and I was like, "I've been doing yoga since I was 19." I was like, "I used to be able to do all these stuff," but I was like, "Okay, but I like that it's hot. I was craving hot yoga. It had good times." So that gave me momentum — I've really worked on my competitor side. So I was able to be patient, and I was just impressed what I was showing up, because I avoid.

So those are some specific examples of how I've worked with avoiding, and the tool there, or the tip is how can I get momentum and reconnect with why this is meaningful to me. It's not to work out just to burn calories. I don't count calories. It's to work out so that I can sleep better, feel better and have more energy, because I also realize that sitting so much makes me stagnant. I confuse exhaustion and being stagnant, but once I start moving I have more energy.

All right, Karen, accommodator.

[0:24:34.1] **Karen:** Yeah. I think the area that I most see myself accommodating is in my work life, and then that translates to food. So I work in the healthcare field as a physical therapist. So I treat patients all day. I'm in a hospital setting, so they're not anywhere near their prime selves.

They're at one of the lowest points in their lives. So I tend to identify with that, like I'm the martyr type of mindset. So I will give my all and do everything I can for you, which is great in theory, that's why everyone goes into healthcare. But then by the end of a 10-hour day, which was the norm, I would come home and I would say, "I deserve to get Chick-fil-A, because I just spent 10 hours helping these people. I don't have the energy to cook for myself. This will be fine." Like I'll just do that, because I helped everybody else. Forget what I need. So then I would eat Chick-filA and probably get a milkshake once in a while too, which deep in my gut I knew that dairy didn't work for me and I also had a hunch that gluten didn't work for me. It wasn't doing what I needed it to do for my body, but I felt like I'm doing all of this for other people all day. I don't have enough to do something for myself now.

So I think what helped me change and kind of what I ask myself now is; what's the other option? Because with each situation at work, or each task, each patient within each hour of the day, there is usually another option that I never let myself see, which is; can I format things differently in a session or can I rearrange my to do list to give me more energy by the time I get home so I can cook or at least go to the grocery store and get something healthier to make or something have on-hand that would be easy to put together? So that was a big switch for me of just saying, "What other options do I have?" Because I wasn't working.

[0:26:44.1] AS: I love that you pointing that out, where in Truce with Food we talk about the stuff more in detail, and I was talking to the group about how like 80% of this battle mentality or conflict mentality is often perceived. It's not even real. One person has run with that, and just like, "I can't believe all the choices that are there." When you ask yourself, "What other options do I have?" It's just like, "This is amazing!"

I mean, first there's like a grieving of how hard we've made our lives for ourselves. It's like — I'm actually doing amazing with how drained I am given that it could be so

much easier. Thank you for sharing that. I think that you really connect how that translates to food, because like, "I deserve this," because of the energy drain and it's like you actually love your work. It's just there's a tipping point where the rewards and the meaning, like almost can't register because you're so exhausted. Like it's not as meaningful if you have to throw yourself under the bus as well.

[0:27:40.8] **Karen:** Right. Exactly.

[0:27:42.8] **AS:** Yeah. Wonderful. Great. So I'm going to go in a summary, but is there anything else you guys want to add about these styles and how you revisit them or anything else for listeners? I know this is kind of like off-the-cuff question, but —

[0:27:56.7] **Karen:** I would just say kind of how we mentioned before the call and within the call. I identify as a competitor with myself with food in terms of where it used to be. I accommodate in relationships and it worked, and then I do avoid exercise at times. So I think just keeping in mind that recognizing that you aren't just one and that you kind of have these different aspects of yourself in all of these styles is present and can help you maybe better identify which ones are with you.

[0:28:28.7] **AS:** Yeah, and that you don't have to tackle it all at once, right? That would be setting yourself up for failure.

[0:28:36.7] **Linda:** As I was listening to what you both said, it really resonated. Both of your examples resonated. Something that I was thinking as you were both talking and as I'm thinking about my example, this is almost like — And I'm thinking of my battle metaphor again, but it's almost like when you feel like you're cut up on one end of the spectrum, either not doing anything or doing everything and it's feeling really hard. It almost feels like the answer is usually somewhere in the middle.

So like what I immediately thought of during your example, I was also like in the past when I'd be like ramping up to go on a diet, like, "Oh, it's going to start Monday." So then all weekend I'm like living it up, because I'm starting Monday. When in reality, that doesn't really happened to me anymore, because now there might be days where I didn't do what — Maybe I did have Chickfill-A, but it's a usual thing. It's not like, "Monday, it starts, so I can keep going." It's more just like, "All right. Well, morning I wake up and I have my usual breakfast." But I feels like the answer is somewhere — Like when I'm at either end, it's like, "All right, where is the middle, kind of the middle point," and I think my middle point has probably changed a lot over the past couple of years since I've been working with you. But kind of getting back to that is probably usually the right direction.

[0:29:48.4] AS: I'm so glad you said that, because it is coming back to the middle path. There's two challenges with that, is you often don't know what that middle path is because you don't have the context to know what other choice are there, because you've been so extreme, right? Oddly, this creates a self-fulfilling prophecy where we're like, "We need to battle, because if we don't battle, we're going to do nothing or I'm going to definitely be behind or I'm going to lose."

Yes, collaboration is often that middle — I mean, it produces great results, but it's often this like — I joke that like moderation is the new radical. It's like, "Oh! That was simple and easy," right? It's not like you're fired or you're getting thrown off the island. There's nothing dramatic about it. But the second thing is, is that the more that you learn to collaborate, you develop self-trust, and so you can trust being moderate, because your moderation swings. Like you truly become moderate over time, right? Verses like, for example, in like Truce with Food, in the beginning you're still in these patterns. I mean, the cool thing is you can see them now, but you're still kind of like feeling like, "Oh my God! I'm still overeating," and the challenge is not to like go back and restrict, because just — It's like, "Okay. Let me learn from this and move forward."

So I'm glad that you pointed that out, Linda, because it brought up two really good points that ultimately we're going to have to build if we can maintain collaboration. Cool!

All right. Thank you, guys, so much for sharing. Our community is so generous, and I appreciate it. So in summary, I'm just going to summarize these styles again. Competitors tend to think am I ahead or behind in this situation. Am I winning or losing. They feel anger, especially when they're losing. They have behaviors, they overachieve, but also isolate themselves. They tend to compare themselves to their thinner younger selves or to others, specifically mostly other women's bodies. They frame situations in black and white.

For avoiders, they tend to think, "Don't rock the boat. What will it matter?" The feeling is resentment and condescending self-doubt. The behaviors are to withdraw, shutdown or procrastinate, and we sell subtests by dramatizing things and making things more difficult by building them up. Like there's a perfect answer, and we frame situations as all or nothing. Then accommodators, they tend to think, "Am I doing enough? How can I adapt to make this work?" The feeling tends to be guilt.

Behaviors of people pleasing adapting to others, rescuing others, fixing. Self-sabotage is then ends up keeping score, right, because you got to protect yourself if you're always the one accommodating. Then we frame situations as either or.

The one mindset shift needed to stop comfort eating is getting to collaboration and that conflict isn't inherently bad. It's an opportunity for wildly creative and successful solutions, including finding out that maybe there's no conflict at all, which is super fun and freeing.

So to get into this mindset, first you need to see what you need and then you need to know what the situation needs, and don't assume you know on either end. Again, we

have our bonus tool from our great guests. Linda, do you want to repeat kind of the summary of what you shared in like a sentence or two or —

[0:33:00.6] **Linda:** Yes. I think my tip was to like check-in. I don't remember what I said. I think it was — Like when I'm feeling that — Like I'm kind of paying attention to how I'm feeling, and if I feel like I'm gearing up or ramping up for battle, kind of check in. Usually, if I think about what's going on, there's usually some sort of underlying competitiveness. I feel like you kind of apply that to all of them, but I feel like especially when you're a competitor, you have this like warrior kind of aspect.

[0:33:29.6] **AS:** Yeah, and I think that's important I was going to say, because we think battling gets us places, right? Here, it's like everything is framed in our culture in the battle war metaphor. So that's really important to realize. When you feel like you're battling — Check in. I love that.

For avoiders, again, a good question is; How can I get momentum around this and what's meaningful to me about this? That's worth putting the effort in of going to be imperfect, that there is no best choice. Karen, for the accommodators?

[0:33:59.0] **Karen:** Really think about what other options you have, because there's usually multiple that you're not even realize. One more that I didn't really touch on, but just asking what helps me, because I constantly do things for other people all day. What do I need in this situation? That's oftentimes really tough for me to figure out if I'm really stuck in something. So knowing that there's options, but then also trying to figure out what do I need from that.

[0:34:24.5] **AS:** Yeah. And isn't it surprising, sometimes we just need someone to listen. Like not to solve or fix it, but just like witness, like, "Here's where I am." Right?

I'm glad you brought that up, because like I said, our own needs will sometimes surprise us. They're often much more simpler, and I think profound than what we think they are. So if you're listening at this episode, I really hope you guys will take some of these tools. To observe yourself first, doing these things, you will be surprised how much they control your life, and then practice out some of the tools that we gave you, and I hope that that will reduce your comfort eating. Of course, tune into Insatiable where you'll always get more information and more insight into continuing your own health path, especially if you're interested in having a truce with food. Insatiable is wonderful resource for that and you can subscribe at iTunes, Google Play, anywhere that podcasts are released, or at my own website, alishapiro.com/podcast.

Thanks for being here, ladies.

[0:35:29.9] Linda: Sure. Thanks for having us.

[END OF INTERVIEW]

[0:35:35.4] AS: Thank you, health rebels for tuning in today. Have a reaction, question, or want the transcript from today's episode? Find me at alishapiro.com. I'd love if you leave a review on Apple Podcast and tell your friends and family about Insatiable. It helps us grow our community and share a new way of approaching health and our bodies.

Thanks for engaging in a different kind of conversation. Remember always, your body truths are unique, profound, real and liberating.

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