

EPISODE 53

*“**JB:** But I think a lot of times when people are numbing out with food and they're trying to push down these really intense feelings, they are avoiding the discomfort. We were talking about sometimes making a mountain out of a molehill that they don't – they need to have a little bit of perspective which hopefully this podcast can help people with just kind of step back and sort of be the observer of yourself for a moment.”*

*“**AS:** Part of why we continue to do the same thing especially with food of like wanting to stick to a plan or wanting to like say diet starts tomorrow is that visibility invisibility which feels very shameful. That feels like, okay, let me address that like everyone can see that. I can't hide from that what my weight is.”*

[INTRO]

[00:00:46] AS: You know battling food in 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.

[00:01:27] JB: And I'm Juliet Burgh, nutritionist, fitness expert, and a co-owner of Unite Fitness Studio Franchise.

[INTRODUCTION]

[00:01:34] JB: Welcome to episode 53. How to not numb out with food. People often say they feel blocked or stuck with heavy emotions and food, booze and bad TV are the only choice they

have to cope. In this episode we will talk about how to stop anesthetizing your feelings and face them head on in a way that is empowering and not so scary.

[INTERVIEW]

[00:01:58] AS: Hey, welcome everybody so this is Juliet and I's, first recording since the election and we — Juliet didn't want to talk about politics at all, right Juliet?

[00:02:07] JB: Not at all but we compromise and that's what good business partners do.

[00:02:11] AS: Yeah, this isn't going be a political one but Juliet thinks I'm very passionate about politics. I'm not necessarily passionate about politics but I think in America we have trouble accepting that we're not as independent as we think we are. We are all influenced by our environment. Think about how much you picked up from your home life and politics is really the business of people and you can't really put people in a business. As someone who studies humans for a living.

But the policy and laws that we have influence how we feel about things and so that's why I'm so passionate about it. Because I think certain social norms come from laws and stuff. But, I wrote to my lists about the election and I wrote that, I mean if you want to read it you can go on to my blog, Ali Shapiro Google "Post-Election Thoughts," but basically what I was saying is that, you know, some people are really happy about the election, some people who aren't happy think that it's the end of democracy and some people who in spiritual realms think that this is the ending of an old story. The story of separation that were separate and my take on it was I don't know yet. I don't believe in a predestination, I don't believe any of us has the "truth" yet.

I was talking about how what we make things mean is really how we can heal. So, it's up to us to decide what the election means. Neither of it set in stone and a lot of people wrote back that it was super helpful because many people who are listeners of this podcast that they felt really out of their body. They've been stress eating, they've been drinking. I was speaking with one our listeners actually she had a panic attack the other day. I'm not laughing about that but I'm just saying this is affecting people differently. So, I did want to address the election we're not going to get into the politics of it if you care about my politics you can read my posts.

But, we did want to do this episode about numbing out because it is in the zeitgeist right now. And, especially with the holidays coming up which is a huge time of – talk about being influenced by your environment, right? I think a lot of people love their families. I was reading – she's so funny. You know the woman who wrote *Love Warrior*, I think her name is Glennon Doyle, I'm forgetting her name right now. But she had a really funny post about how family are the people who just keep showing up.

[00:04:33] JB: Like, that was like –

[00:04:36] AS: Like why can't I get rid of these people!

[00:04:38] JB: I think, that is such a funny definition like they keep showing up no matter what, right? And, we're all –

[00:04:43] AS: That's the good thing about it, you know, but it's all – the lens you put on it, right?

[00:04:47] JB: Right, but I thought it was so funny because I'm like, “Oh my god, she's right” like even if you're frustrated with them and love them, the one thing is they're still showing up.

[00:04:57] AS: Yes, for better or for worse. So we wanted to talk about numbing out because, you know, the reason that I brought up the context of whatever my newsletter is a lot of times when people are experiencing extreme amounts of uncertainty, which generally comes from self-doubt which we're going to do a whole episode on self-doubt in New Year.

They feel very ungrounded, very out of their body and wanting to numb out with food or alcohol and so that's why we want to get in to how to approach not numbing out so that you don't then have the pain of uncertainty or the fear of uncertainty. Plus, then the pain of oh my god and the shame of I just totally over ate and now I have to deal with this. I feel like I'm in a food coma on top of whatever I was originally frustrated with.

Yeah, you know numbing out using any kind of food or alcohol there is definitely something very metaphorical about it, about filling yourself up, right? Like you said we're not grounded. So, using food and booze actually can create that false sense of grounding for people.

[00:06:02] AS: It's a surrogate, for sure I'm so glad you brought that up because I think a lot of times we want feel light and clean but that's a very exposing feeling.

[00:06:10] JB: Yes, it's almost kind of that same feeling that you might have when you have to much energy, you have a little bit of anxiety, or the uncertainty feeling that's not light feeling that people have that they're not used to. Especially in our culture we tend to want to feel heavy and full and disappear from everything that is going on.

[00:06:34] AS: Yeah, because if you think about lightness is also an openness and that's when you have the most chance to be wounded, right? When you're open. I think of a porcupine like, oh that's kind of like each of us walking around with these spikes, right? Because there is this really soft under belly. And so –

[00:06:47] JB: I mean if you think about people for example that sexual trauma those, you know, and if they have weight issues often times the reason is because there is a soft protection mechanism that's going on and it's totally unconscious. But it's there for a good reason because you're trying to protect yourself from anything bad happening.

[00:07:08] AS: Yeah, it's like our episode which I really recommend to everyone, episode 12 with Dr. Danna Bodenheimer about dieting being repetition compulsion and being this chronic tension between invisibility not being seen, but then also being awkwardly visible. I'm using the word awkwardly visible but it feels like it's a threat to be visible as well. I know with my clients a lot that awkward visibility – the threat is when they feel imperfect. Or the threat of being wrong or the threat of being soft and, you know, and not – or high maintenance, whatever it is that they're afraid of looking like. So, yeah, openness and visibility all those things that we think we want, are also, not we collectively, but people are simultaneously afraid of and terrified of.

[00:07:52] JB: Yeah, and I mean personally for me right now if this had been me you're going through what I'm going through right now, which I'm about to open up another studio. It is like

hectic city over here, every day of my life right now is just so full and there's – I'm emailing myself every other minute so that I can try and keep up with things that pop in my head so I don't forget them because there is so much to do. But if this had been me, you know, five or six years ago I would be on the couch every night numbing out with food.

[00:08:27] AS: Yes.

[00:08:27] JB: I'll tell you one of the things that's getting me through this is just being able to sit with the uncomfortability and this lightness and this anxiety feeling I have and this not knowing of what's going to happen when we open the doors? Are people going come? Are we going to make money? Is something going to go wrong? Is the equipment going to break? You know, there's so many unknowns and I can create a million stories but I have to just constantly tell myself whatever happens you can handle and you will handle and nothing will break you.

[00:08:57] AS: And, isn't that the deepest, the deepest, sense of self trust?

[00:08:57] JB: It makes me want to cry thinking about it. Because it's just at that – I didn't know that I'd come to that place of being able to just say, "Hey, it is what it is", you know what I mean? There's always going be shit that hits the fan and it doesn't even – it's not really been hitting the fan, often times we exaggerate and we dramatize things more than we need too.

[00:09:23] AS: I mean this is what we're doing at Truce With Food, right? We get people – I work with my clients to get them from this place of self-doubt or whatever feelings they avoided to what I call the boss mindset, when you feel like a boss.

And, what you find is that same self-doubt that feeling doesn't change but the way you interpret the feeling changes. Now you are saying, "Oh, this could be a great source of creativity." It could be great sense of possibility or it could show me even if the shit does go wrong I can handle it. And, when you can change the meaning of that feeling, that's where you get those tears. I tell people, the biggest sense of self trust does not go to the people who have the trust funds, who have everything going their way, right. Who it's all puppies and rainbows. I think this is where self-help has totally missed the mark, it's all about love and light.

And, you know, there comes the spiritual bypassing, right? Being unattached to your emotions it's like, no, the people that I know that have the gravitas and that I want on my team and I want to be surrounded by are like, "I've been through shit and I made it even better or I got through it."

[00:10:21] AS: Yeah, and not in a jaded sense, right?

[00:10:25] JB: Oh no, it's –

[00:10:25] AS: I think you have two types, right? You have those people who have been through shit and they're like a little bit jaded and then you have those who do it with grace. And, just are taking life one moment at a time and are like, "You know what, things are going to go wrong and you know I might not know all the answers and that's okay, you know, whatever comes of it. I will be able to handle and if I can't handle it I will get somebody to help me handle it." That's another thing that's really important, you know, is being able to have what you are saying, people on your team to support you.

Because nobody can do anything on their own. I think a lot of times when people are numbing out with food and they are trying to push down this really intense feelings they are avoiding the discomfort and like you're talking about sometimes making a mountain out of a molehill that they don't – they need to have a little bit of perspective which hopefully this podcast can help people with. To just kind of step back and sort of be the observer of yourself for a moment. So, many times we don't do that enough. We don't step back and observe our habits and how we're interpreting things and how we are approaching things, we kind of are just going on autopilot.

[00:11:33] JB: That's the word my clients always use. And, I love that you are talking about this because this is the heart and soul of the work that I do. Is often how we keep that the story of self-doubt or of being a fraud or feeling like it – though we keep that going by making things bigger than they are. Then what happens is we get less and less of an accurate perception of what is actually happening. Because we just feel like the shame shit storm coming on us and we're like, "Oh my god, oh my god," and you know, one of the things that was really helpful and I think this can be really helpful for our listeners, but what's helpful it came up in Truce With Food

last week. Part of the way that you start to build the self-trust and so that you're not numbing out of food, is you make it about the situation and not you.

[00:12:11] JB: Yes, separating yourself from your business or your family members or your relationship. You are a separate entity from all of that.

[00:12:18] AB: Right. And, that like you're talking about loading it up but like every interaction isn't a mark on your self-worth, right? So say people are going to their family, right? And, they think like, you know, Uncle Harry said something about like says something to you, right? And it's like, "Oh, it's not about what he said to you, it's about this old thing that happened like 10 years ago," right? Like, people, like, "Oh that's like that hatchet that was never really buried" and rather than saying, "Oh my god Uncle Harry hates me and he is so dysfunctional." It's like "Oh Uncle Harry likes to be sarcastic," that's great feedback about him, right?

It's not that our relationship is in disarray but if you have self-doubt you're like, "Why did he say that? Has he not forgotten about this?" You know what, like you start to read in to the sub text of everything. I think if we're thinking about numbing out with food. I think the first thing – if we're going to do this step by step, not that this is a much more circular process, but to your point, the first thing is I think labeling that you're uncomfortable and that's okay. That doesn't mean that your life is horrible, that you're a mess and that you don't know what you're doing to your life, bad feeling, uncomfortable feelings happen, right?

[00:13:29] JB: Life is uncomfortable. End of story. I was talking to Ali earlier about making t-shirts and one of them is life is hard and the other one will be life is uncomfortable. I need to trademark this little this t-shirt brand where it's not like life is good. There are people who live where it's always sunny and I actually get more depressed in summer. I like cooler climates.

[00:14:02] AS: I'm moving you to Alaska.

[00:14:03] JB: Well, maybe not that. The beauty could handle it but, you know, I don't know Russia is pretty close now so I'm just like "Oh my gosh."

[00:14:10] AS: You are, aren't you part Russian?

[00:14:12] JB: I am, I am Ukrainian. My dad side of the family. They left during the Bolshevik – I think I'm not sure maybe actually during World War II they're the Jewish side but –

[00:14:22] AS: But I wanted to go back in this point about the uncomfortability that people experience. All human beings experience, right? There's no way of avoiding it. You come out of the womb, you are naked and afraid and cold.

[00:14:33] JB: When you just went through like birth canal like –

[00:14:43] AS: Even your mother who had you it was the death of her old way of being and you know what I mean and a new life came about.

[00:14:41] JB: So, life is designed to create discomfort. I think that we are so conditioned to think something's wrong. "I'm not good enough. Why can't I feel good? Why do I feel, you know, this way? Why do I feel anxious on this social setting or why do I feel like I'm afraid that I'm going to fail at this project for work or this deadline." And we just continue to beat ourselves up over and over again because it's like we expect to be this perfection that is totally false.

[00:15:12] AS: It is and I think, you know, I mean look I'm not a fan of pain, right? Like, I'm not actively seeking out pain but pain and uncomfortability – and pain is on a spectrum, right? Pain though really gets you clear about what matters, it's a great editing process and it's like, "Oh my god this is what matters to me and let me get back to my centering."

It's not all bad and so I think when people start to understand that discomfort is natural and you know like, Juliet was saying when she wanted to, when she sees people with T-shirts, like "Life is good teacher." I want to ask them like, "What meds are you on?" You know like there is nothing wrong with –

[00:15:46] JB: What's your dose of Prozac?

[00:15:47] AS: They're like, no, "I need three different ones, to me life is tough."

[00:15:51] JB: They might be wearing that sarcastically which then I would really appreciate that.

[00:15:54] AS: But I like what you say, sarcasm is also its own defense. But, I think understanding that uncomfortability is a natural part of life. And, it's actually a clue, you know, we just – Thanksgiving just passed and in our Truce With Food group, we were chatting about how a lot of clients had such a different experience because they weren't trying to like push down their discomfort. Like one of my clients had a really – she ate the best she ever ate. She's like “I've never not eaten...” She only had one plate of food and desert. She's like, “But then I was forced to be with my family who has really poor emotional coping abilities and it made me sad.” And, I said “That's okay that's sad,” you know, like there's nothing wrong with that and so, yeah. I think being with the uncomfortability and recognizing also that it's not part, as you where saying the dramatization, it's an experience you're having not how you. I think that's really important because it puts boundaries around these being temporary.

This being a clue about something that needs addressing. Not that we just bulldoze those over and say “Here's my mantra, love and light, love and light,” that's bullshit. So, embrace uncomfortability, I think is the first thing. The second thing I would say is know how you make it worse. I think that's a really important piece to these. Like how do I – this is part of, you know, I will use the quote “the truth will set you free but first of all piss you off.” Which was first made famous by Gloria Steinem and Erin Brockovich. But it's like there are things that we do that then keep this uncomfortability going.

[00:17:32] JB: What do you think that is? That you know because there is something that the person is getting out of it, right? Continuing to stay, stuck in your old ways and beat yourself up. And, you know, continue the same patterns of always coming out to be, “I'm wrong, you know, I'm not good enough,” what is somebody getting out of that?

[00:17:52] AS: Yeah, great question.

[00:17:53] JB: Familiarity, you know

[00:17:53] AS: It's familiar, it's the lowest level of safety, right? When you feel self-doubt what you want is certainty or you want – this is also why we have black and white thinking. Which people are like, “Oh my god like it's all or nothing thinking,” right? But it is to low it, what I tell my clients is it closes the story loop. It's like okay, this is how this ends it maybe is uncomfortable but I know how it ends which is only one step up from complete self-doubt.

In terms of satisfaction, right? And, that's why people think there's only A or B, right? Like, I either, well I'm kind of jumping the gun here but I am either totally emo and I'm annihilated by my feelings or B I just you know, shame myself and the story ends the same way it always does like with me getting the chips or me saying “Diet starts tomorrow,” right? That's the surface level of it of like, okay, now I'm going reorganize my points because that feels more solid and certain than embarking on, if you're going to figure out what works for you for weight loss or health it's going to be a couple of year process don't you think?

[00:18:54] JB: Oh, 100% it's an ongoing process, I mean, it's get better and better, you know, in the beginning it's not like crazy arduous task but takes like years. You'll have major breakthroughs early on but it, you know, even now you know when did I start working through this? Like seven years ago, every day, you know. It's something new or changing something but it's exciting it's experimentation and there's no shame that goes with it anymore.

[00:19:26] AS: Yeah, I had a client who I worked with her last year and she signed up for a couple of new sessions because her schedule changed or whatever and we're talking about, she's like “Yeah, I guess I'll just experiment with that.” I was like “Isn't that cool that you feel so comfortable experimenting?” She's like, “Oh my god I didn't even, it's such a way of life now I didn't think about how this used to terrify me before you know now...”

[00:19:45] JB: I bring that to my business and my business partner sometimes are like, “What do you mean we're going to experiment with that?” “Just put it on schedule, and we'll experiment and we will see in a month, we will look what happens and then if it doesn't work out will change it back.” You know like okay, you know, they're pretty cool about it but like I'm like, I'm unattached to that. I'm like open to trying something.

[00:20:08] AS: Well, and that's the irony right is the more that you experiment the better you get at self-trust. But, what we do if we don't know we are doubting ourselves – or we don't like uncertainty, we then lose the skill set the very skill set that we need – we don't cultivate it and then our world gets smaller and smaller. I think to part of why we do the same thing especially with food of like wanting to stick to a plan or wanting to like say, “Diet starts tomorrow,” is that visibility invisibility. Which feels very shameful. That feels like, “Okay, let me address that like everyone can see that I can't hide from what my weight is.”

So, that seems like the most pressing, if we had people on here who lost I guarantee anywhere from like 30 to a hundred pounds and then gained it all back they would tell you all that, ‘Oh, they didn't get what they thought they would get from losing all that weight.’ But, it's easier to say I think our culture again coming back to the top of the hour the way that women's bodies are treated and the way the media frames things it offers us it says your feeling self-doubt here's the solution. A size 6 and we're going to throw you a big party where confetti comes down and you're going to get a makeover and you ride off in to the sunset and that's where your power is.

So, you have to question that narrative because it doesn't, if anything it makes you more attached to thinking that your weight is what gives you your power.

[00:21:23] AS: When there is power and feeling good about yourself that it doesn't come from a specific size or losing a certain amount of weight, it comes from self-assurance and confidence that you can have at many different sizes. Not saying that you should remain unhealthy, if that's what you know where you're at with your weight but it doesn't have to be like this end goal of “I have to hear it in order to be happy.”

[00:21:50] JB: Yeah, a lot of my clients like one if they give me a goal number, I'm like, “How did you arrive with that number?” And they're like “Arbitrarily...”

[00:21:57] AS: Right, that's where I felt I'm at my best.

[00:21:58] JB: Yeah, that's exactly – that's always where it comes from because I remember I would always say, “128.”

[00:22:04] AB: But –

[00:22:04] JB: 128.25 like, you know?

[00:22:07] AS: But, when I asked them about that I am like, “Where you really contented there?” “Well, no I still thought I was fat. I could lose another 10 pounds but now when I look at pictures...” So it kind of comes back to this like fat is not a feeling that we did with Bob and I forget what episode number, which listen to it if you have one it's really good. But, then it's not a feeling, right? Like, I hate when – that nothing tastes as good as thin feels. It's like thin does not feel one way, right?

Like, if anything, you know, you going to have to, I don't know. So we're kind of getting out of attention but I think so the first step is it's okay to be uncomfortable. I think just the – in the beginning if you're not good with labeling your own issues, just say “I'm just feeling discomfort.” I think the second thing is figuring out, how do you keep that discomfort going? Do you not, like I know one thing that's been really helpful for me, Carlos is amazing like just to listen to me. Like not to fix it but talk it out and then I'm like, “Oh it's kind of taken that craving.” I don't emotionally eat anymore or anything but I've had clients realize if they talk it out, if they were to say that their – I did this with another client the other night.

She knows what I'm talking about, I'm not going to name her name though because I need to get her permission. But, before our session she felt like Chick fil-A, right? And, I was like “Alright what do you think your craving is?” And, she was like at a nine and we then talked about an incident that happened.

[00:23:22] JB: For those of you who don't know, it's a fast food chain. I didn't know what it was until I moved to Pennsylvania because in New York we don't have Chick fil-A.

[00:23:29] AS: Oh, we used to eat at the mall when I was little. We would get a little bit of money before back to school and we would go spend all the money and eat at Chick fil-A and they're a very Christian company, so they are closed on Sundays. So we would have to go like on Saturday because we love Chick fil-A and the waffle fries. Back in the day and my nephew-in-law, actually works down there, works at one in Florida.

But anyways and so we are talking about something that happened that day that upset her and the great thing was we figured and got clear on what it was and we figured out an action plans that she could feel some resolution. But at that time nothing can be resolved and I said alright “What is your craving level now?”

And, she's like “A three... I'm too tired at this point and I'm not going to go drive back out.” And so I think part of knowing what keeps your story going and then doing the opposite of that, like maybe it's not sharing. Maybe it's eating more when you really need to move your body, it's not going to take the craving away but it's going to reduce enough that you often can do something healthy instead of just going for the chips or whatever, the alcohol or whatever it is. It gives you enough space that the craving isn't overwhelming.

[00:24:40] JB: Yeah, numbing out can also be celebratory for people, it can be mistaken as that, right? Because it's like “Oh my gosh I've worked so hard. I had such a rough day I deserve this.” We talked about that a lot before i I mean other episodes but that is actually a form of numbing yourself. Even though you think you are rewarding yourself and your giving yourself obviously a feel-good emotions. but really you're discounting your true emotion which is feeling uncomfortable, stressed, anxious or whatever it maybe.

[00:25:11] AS: Yeah and we did a whole episode on the fear of weight loss success, so if you haven't listened to that. I feel like that goes in to more detail about why people might feel uncomfortable with celebration. You know, to go back to this visibility invisibility tension but you know I was Ani Di Franco on her song 32 Flavors – oh no wait that's Alana Davis but Ani Di Franco has a song that she's like, “Everyone harbors a secret hatred for the prettiest girl in the room.” Do you know what song I'm talking about?

I think we crave that attention and we're going actually have Justine Musk on next week about agency and power but also the difference between attention and recognition. We think we all that attention but then it's also again, it's something that we fear. Because we love to rip powerful women down in our culture and actually we love to rip all celebrities down and then see them build back up, right? We love that rags to riches, upward mobility merit.

[00:26:02] JB: We love to do that with people and people we love, people in their life that they love too, you know. They like to gossip about somebody or if they're doing well in their business. Say something that's negative and it all stems from our own insecurities and that's us not feeling our own self-worth.

[00:26:21] AS: Right, well that's – I'm so glad you put that up because this came up in Truce With Food about the scarcity mindset of like, “Oh my god.” And, really and it's hard to see because it's a projection, right? Like, we project what we're feeling off to other people but when we believe that there's scarcity of love and belonging, right? We compare ourselves to others and that's what creates. That's a habit that people often do is, I teach my clients. You create a hierarchy by comparing yourself.

There is no hierarchy. It doesn't mean that there is unlimited resources or what not but there is an infinite amount of intimacy, of love, of belonging and when we know that, then all of a sudden we don't have to compare ourselves to other people. If that's what we're really craving is that love belonging and safety, which I think most numbing out is a diagnosis of being hungry for love.

[00:27:11] JB: I was just going to say that, right? Because a lot of it could stem from loneliness and not being able to like you're saying, it's helpful when you talk to Carlos about how you are feeling. If somebody have that or hasn't opened up to somebody. All we want in life, is we crave human contact and connection. That's what human beings are supposed to have. We're put on this planet for that.

We thrive off of that. And with the culture that we live in, especially with social media we don't get that anymore. Everything is, you know, on your phone texting, you know, sending cute emojis to each other, right? You know that your smiley emoji is not your beautiful smiling face to another human being.

[00:27:56] AS: Yeah, that is so true. I feel like we've all – even me like I'm pretty extroverted or whatever but I feel like I kind of lost the art of – I mean I have real conversations with my clients every day and I'm a coach I take a more diplomatic approach but, you know, as part of I won't go in to but I've been calling certain senators and stuff. They work for us, right? Our politicians

work for us but I'm like, calling them I'm like, "Yeah..." and I have a script lined out because I'm nervous, right? Having a real conversation with someone can be really – especially if you don't know.

[00:28:27] JB: When I was thinking about this, you know, especially for those who were, you know, typical numbing out in front of the TV with food after a long day then you're – let's say you're watching some bad reality television. Now you're watching interactions with people that are scripted by the way but they influence you in how you believe you're supposed to be interacting with one another.

And, like you were saying, there's so many things that influence us. There's so many subliminal messages that we're getting when we're watching certain shows that are telling us how to feel, how to look, how to be, how to speak. You know, take a step back and notice that sometimes. Even myself I've noticed from certain shows how much I've been influenced especially with the way that I talk. Certain words, that certain words that I picked up, I'm like "Oh my gosh."

[00:29:12] AS: "Do you do vocal fry, oh my god."

[00:29:15] JB: I haven't done the whole "literally, literally" that I haven't done. But –

[00:29:19] AS: Carlos laughs at me, it's actually a Pittsburgh thing it's not like TV thing but in Pittsburgh, like when you ask a question like it's almost like a roller coaster and I never knew it's something – it'll be like, "Did you bring the umbrella?" And I'll be like –

[00:29:33] JB: It sounds very Amish.

[00:29:34] AS: Yeah, well you know Slate did this thing about how Pennsylvania has some of the craziest dialects because our state is huge and there's all these distinct ethnic groups and then they kind of merge and so it's really interesting. I don't have a typical Pittsburgh accent but Carlos it's like your intonation is very distinct. And it's not like how you know, most females end with like asking – like it sounds like they're always asking a question.

[00:30:00] JB: Yeah, the what is it, I can't remember what it's called.

[00:30:00] AS: [inaudible + 00:30:01] [Off of a knock + 00:30:01]

[00:30:02] JB: [inaudible+ 00:30:01] , yeah. It's very Californian too.

[00:30:04] AS: Yeah, but this is more like a roller coaster like it's so –

[00:30:07] JB: Please don't do that on our podcast.

[00:30:09] AS: Just don't ask me if I have an umbrella. That's the only time I can recognize what I'm doing. So, yeah, so I think you're right. Like and that's the thing we're so influenced even I love to think I'm not influenced by marketing. I mean, I am how can you not be? It's flooded everywhere. So I think yeah, recognizing that it is okay to be uncomfortable and how do you keep that discomfort going rather than interrupting it. How do you plot twist, how you always are because I know people start to feel hopeless. Then what sends them down that downward eating spirals is, “Nothing will change. It's always going be this way.”

I think one of the – because the big question that I get with my clients when we're working on story revisions is. Well how do you know if things are true versus, you know, just my internal dialogue? I always tell them, you want to think of generative ideas. Like, wait a second, who can I talk to get a more clear perspective on this?

Or, who can I talk to who will just listen to me not try to give me advice because there's no resolution here? I just need to move some of these emotions through. I think another generative thing is dancing to music. Music is amazing and I always recommend to people 15 minutes is such a great time frame. Research shows that you won't cancel on yourself. It doesn't feel like it's such a big deal that you won't cancel on yourself but it also is long enough that you get results.

So, I think doing that – figuring out how you keep your discomfort going and magnify and add to it. And then the third step is trying a new behavior that will help you to decrease that emotion rather than contributing to the discomfort, and the self-doubt and the questioning and the over analyzing.

[00:31:52] JB: Yeah, I can use myself for an example and I think Ali, you might have been the one to help me with this back when I was seeing you for coaching years ago. But you know after working all day and training a lot of clients and teaching a lot of classes I would feel so run-down and so unedged by the end of the day. Part of it is that all day being with people and being really stimulated.

I would come home feeling very stimulated and I wouldn't know how to bring myself down, other than to immediately go to the refrigerator, get food, sit down and watch TV and then just eat. Then I would never feel satisfied because when you're watching TV, you are on your computer your brain can't really register this sense of fullness so I would constantly just feel like, "Okay, well I need more food."

So then I would just go back and get more food until I really felt full. That physical feeling of where – I was immobile and I can't– well like "Alright I'm good," you know. But what helped me a lot was changing that routine and forcing myself when I got home to not go to the refrigerator right away. Just taking one more step, which was going in to my room and changing out of my work clothes and putting on my pyjamas. Just getting out of my uniform was a huge thing.

I think a lot of people don't necessarily change when they go home or they just go right to the fridge. They open it and stick their head in there.

[00:33:15] AS: That is such a great point because I'm thinking in grad school. I used to come home exhausted and changing your routine can really change a lot of things and I used to – we used to have a couch, right? Where Carlos, this isn't Carlos who's living in Iowa. So, we had just got married and I was coming off this huge high and then I was like working with Bob, I was like depressed. Carlos is doing long distance. I would come home and like turn on the TV and then like eat dinner in front of the TV, which at that time was like an apple or peanut butter. Which sounds – it's not a lot of food but it was not like healthy.

I actually gained weight because I stopped eating as much as I should that year. Talk about life and its dark humor. But what I found is we then got rid of cable because we weren't watching it. And so I want to come home and sit on the couch. I would go up change and then just kind of

like rub my forehead and like just kind of like decompress from the day and that was enough to change the whole routine of the evening. I think that's – you used the word down and I liked that because down, we're talking about life is good and being up has its positive connotation being down right mood wise sounds bad but what we're trying to do when we numb out, is getting is rooted down in to our body.

So, for people who are more like thematic thinkers. What makes you feel down or decompressed? It's not a bad thing but it's something that's going help you unwind from that day. Because I think a lot people, they're shock observers are just bare by the end of the day.

[00:34:50] JB: And then you keep it going by being on watching TV and being on social media.

[00:34:53] AS: Yes, yes and people think they're replenishing themselves, right? The kind of think that they like it. But what they're really doing is almost draining themselves to get to that down. Like they're so up that anything in extremes turns in to the other thing. So it's like they're so up that they know eventually that will like make them down, like “Oh my god, I can't do it anymore I got to go to sleep.” Right? Rather than a gradual wind down.

[00:35:15] JB: And then a lot of times people don't want to get right to sleep. They don't like that feeling of, “I just had my whole day was work. My whole day was having responsibilities and having to take care of other people or do all of these tasks and when do I get time for me? So if only time I have for me is this measly one or two hours when I get home from work. That is not good enough.” And that's where people try to extend the night and they try to get that second wind and then they eat and then they start snacking.

I've had a lot of clients I've worked with they put themselves in to that second wind at night by eating chocolate or you know or trail mix or anything that's just keep them – or popcorn those snacky foods and then they go in to their computer they surf the web and before they know it it's midnight, they're like oh shit I really have to go to bed but now my heart is racing I can't relax and then they won't get sleep and then they wake up tired the next day and then the whole cycle begins. They gain weight in their mid-section because their Cortisol. It's an endless cycle.

[00:36:17] AS: Right, and I think that's the fourth step which is much longer strategic view than kind of this kind of three steps that we're taking people through but what gives you meaning during the day? Don't put all of the expectation that your life is going to feel meaningful in the last hour before you go to bed. And, right, like go big or go home this hour!

[00:36:37] JB: Oh my gosh.

[00:36:39] AS: But meaning – what I like about this because kind of like this conversation to me at least to me at least is turning in to is about this tension between up and down. A lot of times when we shoot for happiness or being up right like a cup of coffee. Half of the time people love to like high it gives them, right? We even say it gives me a high.

[00:36:55] JB: The high and the comfort, right? Because it's like a lot of – you hear with coffee “Just so comforting, something warm and tasty,” you know.

[00:37:02] AS: Yeah that's the cream and that's usually the mothering craving. But meaning, it's more right in that like stomach fullness, right? Like, when you do something meaningful like you're talking about it right now opening up, Unite's second gym, in Rittenhouse Square, total plug, everyone go. Where exactly in Rittenhouse Square? Where is it?

[00:37:18] JB: 20th and Chestnut.

[00:37:25] AS: 20th and Chestnut, they've got gorgeous new equipment, a big sign. But this work that you're doing, right? It is meaningful, it is not easy, it is a long hours. Does it necessarily like make you happy or would you say it more makes you fulfilled? Or both?

[00:37:43] JB: Fulfilled and of course like happiness comes in waves. It's not constant because like what you're saying it's a lot of effort, it's a lot of hard work but I know at the end of the day what I'm doing with my time is meaningful and is making a difference in my life and other people's lives. So I can feel good about that.

[00:38:04] AS: Yes, exactly and that's what meaning is that like I think you teach yoga you can correct me but that solar plexus like third chakra, second and third chakra and first. I'm rooted in

what matters to me. I know a lot of people who are in jobs that you know may not be their passion. But let me tell you passion only let's you go started you need to be devoted to something to keep going. We could do a whole other... the illusion of passion.

[00:38:26] JB: However, like one thing that I'm really focusing on right now is after doing, you know, I've been with the same company for seven years and if you're not growing you're dying. That's just my saying lately to myself and to a lot of people and it doesn't mean that you have to quit your job, you know because you've been there for a certain amount of time. My job is growing we are expanding, things are changing. You can grow in your daily routine every day, you have that power.

But one thing is to make sure that you're growing with your personal development because your job like we're talking about is not everything and sometimes we don't give ourselves enough room for self-growth. Everything is about work and you know and then like we're saying that one or two hours that you try to fit it in when you get home. So finding ways to have personal growth throughout your day and whether that means reading something, maybe it's non-fiction. Maybe you know just something that gives you more pleasure that's just the day in and day out.

[00:39:34] AS: Totally and I think and a lot of people too. I have a lot of clients who likes their jobs but they're stressful and we talk about, how can projects be more meaningful? How can your day to day with your co-workers be more meaningful? Most of my clients do not run their own businesses. They are in hospital settings. They are full time moms. They are working in big institutions like they – what they found is that they can bring their own personal kind of, the word “pizazz” is coming in.

[00:40:02] JB: I like it.

[00:40:04] AS: Their own strengths and their own values. The day feels really rewarding. Because look all of us are – we're doing different things but the people who feels the most rewarded are using strengths and values that matter to them, it's just dressed up differently.

[00:40:20] JB: Yeah, and if you have a partner this is a great opportunity for you and your partner to connect on this because a girlfriend of mine was recently telling me about how her

and her partner they are both so busy. They are both entrepreneurs. He has two businesses. She has two almost two locations of her business.

So talk about a couple that is just like non-stop going and they barely have time to really connect with themselves. So they connect with themselves or each other, but what they've done is they made it a point, to she was telling me that once a week they go outside for 1 hour together with no cellphones and they go outside for one hour once a week and I love that.

[00:40:55] AS: I love that too. Carlos and I started – because Carlos is working on a novel in addition to – my husband is an amazing writer. He went to a number one writing program in the country, Iowa for all of you. I love bragging about him he's like “Stop,” I'm like “You like it.”

[00:41:04] JB: You think of them girls I don't know much about writing but it makes you think of show girls.

[00:41:12] AS: [inaudible + 00:41:12] he has agents interested – he writes fiction, literary fictions which is not like, I was like, “Can't you write vampire fiction?”

[00:41:18] JB: What? It might make you some money –

[00:41:23] AS: I know, yeah, I know but he works as an editor during the week and then he's taking all day Sunday to work on his novel and we've kind of made Saturday, our day and we go out to hiking in to a park here. It is like, it's just amazing like I feel like I, you know I joke since I've learned that you can when you go deep in the woods you're recolonizing your bacteria on the outside so I'm like, “Let's go take some bio breaths.” You know we like totally laugh and it's just being in nature does something, that it connects you to something greater.

It feels so meaningful and so yeah, I think that's another thing that I want to stress is that, there is this idea that health is super expensive right. To do things meaningful they have to be like big vacations or what not. But I find things that are truly the healthiest like clean water. I mean you may have to invest in a filter but like going out in nature and really being present with people, those things are free and they are so fulfilling.

[00:42:20] JB: You don't have to escape. That also equals numbing out, you know, there's some - after this episode take a moment just to think about 'Where are the ways that I try to numb out?' And a lot of that is, you know, when I try to escape whether be with food with getting out of town, you know, with watching TV but it doesn't mean that you shouldn't do these things but the intention behind why you're doing them is very important to figure out for yourself.

[00:42:49] AS: I love that because then you can think like maybe I do like TV but is there a series that I can get into? That is like, I'm just really enjoying it rather than I'm just sitting on the couch like channel surfing. You know, that's a great point Juliet is the intention behind it. And don't look that you have to add things look for what is already in your work day and you can add – the word “accoutrements” comes to mind.

But you can, you're just having thinking some of my clients like not just in terms of food, they're working on you know really having heart to heart conversations with their co-workers or trying to bring their really great listening skills, rather than trying to fix things. It doesn't have to be this giant thing because what I find in the same way that my client right here in Craven went from a nine to a three, just by really getting clarity on it.

And different things – you can get to different place where like say, and everyone is a different threshold, but say when you're feeling so emotional out of 10 anywhere between 10 and a five means you're going to numb out of food, right? Think what's going to get me down to a five or below? If that's your calibration. Like what will help me diffuse this charge? And it is often the simplest things. So I just want to stress that because I'm going to do a whole piece on that what health really looks like actually. I'd like to do a podcast episode about that. It's not 20 dollar smoothies and organic reishi mushrooms that we're grown for like a hundred dollars.

So, yes, I think that's the big thing for people. It's like it's okay to be uncomfortable. Think about how you keep that discomfort going, figure out how to do reduce the charge then. Maybe doing the opposite behavior of how you keep it going or maybe it's to talk to someone. Maybe it's going out to nature. Maybe it's breathing deeply. Cara's recommendation of doing 50 deep breaths while putting a book on your lower stomach, that will reduce that stuff. See how these little things can really add up.

Then the fourth one, the big long term – find something meaningful. Because, you know, I remember this is a little bit different but what I would have this strong compulsion to binge before I when I was still in the corporate world. You know, there were so many gaping holes of meaning in my life. I have been traveling abroad. I had been moving every six months.

I hadn't dated since college, well I hadn't dated in like two years. I didn't like my job, I was new to Philadelphia and so I had no meaning. I would just like stop at Nuts To You every night with and get gummy bears and dark chocolate covered almonds because I couldn't decide which and just like eat them and barely being able to have anything left.

[00:45:26] JB: That's where my new studio is next to.

[00:45:29] AS: Oh no, Nuts to You?

[00:45:29] JB: Yeah they're on Iver.

[00:45:32] AS: I cannot go in there with full self-trust which is good. I didn't even know what it was. So I do want to tell you like when you're at that compulsive place it's often different than numbing out but it has the same source. It's just a lack of meaning on steroids. And some other stuff right? I also had no idea what blood sugar was I had no idea what gut health. I was over exercising to try to keep up. So there was a lot going on but I wish I would have told that 24-year-old Ali to like start tuning in to yourself. Don't, yeah, your job looks great, yeah, you know, you wanna wait until your 30 pounds less to start dating. But like what do you want? And just start working towards that.

Like it's not the same way that we build up every mistake, no, the plus side of that is you're going to have to work really hard for whatever. So each interaction each day each thing you explore is not going to be the answer. So just start and keep exploring and experiment and take that attitude and that will really help you to prevent numbing out because if you can look at life as an experiment just that mindset means, oh there's no right or wrong here. There is no certainty or uncertainty. I don't completely know nothing, this is just a phase and not to the be all and end all.

[00:46:45] JB: I love that on that note I think that we are officially going sign off.

[00:46:52] AS: Sounds good. Yeah! Don't forget to contact us on Facebook and let us know what topics you want. You know, if you have any questions about this. Don't forget about Unite opening up at their new location. I know all their – a lot of you people are so excited because they've been waiting and yeah, have a great holiday season. We will be back with awesome podcasts this month so we look forward to keeping you merry.

[END OF INTERVIEW]

[00:47:12] JB: Thank you so much for listening to the Insatiable podcast. We hope you enjoyed today's episode. You can connect with us on social media. Follow me on Twitter and Instagram @julietunite and Ali @alimshapiro, M stands for Marie. Please feel free to also email us any questions. We would love to hear from all of our listeners. You can reach us at ali@alishapiro.com and juliet@unitefitness.com. We'll see you next time.

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