

EPISODE 96

“L: The psychiatrist telling me that I should never go off the pills, and we’re going to talk about stress and why I almost feel like the timing was a little weird for me to go off them based on adventures that I’m embarking on. Having this person tell me you need to be on them for the rest of your life because you don’t know what’s going to happen and you can’t handle it if it does happen, which all of these is so big. What does that even mean? Knowing that I can know, like luckily nothing has happened that’s made me need to handle it, but I think I have the tools now and knowing that that confidence is within me is huge. It’s a huge shift. There’s like definitely a confidence that wasn’t there before.

It just feels a lot less stressful knowing that I have all the tools I need to figure this out. It’s just a matter of when do I want to apply the energy to get to the bottom of it. I know I can do it. That’s a different thing. It’s not like, “Oh, I have to gear up and do the whole 30 now.” So I stop doing this. It’s just not that battle mode.”

[INTRO]

[0:01:10.8] 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. You bring the same intensity to your life, wanting to maximize your time, potential, and experiences you have here on our beautiful and wondrous planet Earth. Fair warning, it will be a rollercoaster. But for those insatiable, this is your primetime to thrive. Here is just saying yes to the hunger of wanting it all.

I’m your host, Ali Shapiro, who is dedicated to pioneering a saner and more empowering approach to health and weight loss.

[INTRODUCTION]

[0:01:51.4] AS: Welcome to episode 96 of the Insatiable Podcast; Still Not Weight Watching. Linda’s 18th month update.

It's been six months since we caught up with my Truce with Food client, Linda. It's now been 18 months of her learning sharpening and making the Truce with Food tools a natural part of her life. I wanted to catch up with her so you could see what the real change process looks like when you have a Truce with Food. Hint; it's not linear. We all know we can make changes for a little bit. What does it really take to make changes that stick? Turns out it's all about the inner world of your emotions.

Last time we left off, Linda's health goal was to get off her antidepressants and, of course, maintain all her progress. As she maintained and made progress now that she's not in the Truce with Food program and now off antidepressants. In today's episode we discuss how Linda's dealing with stress and overwhelm without food or antidepressants for a more rewarding outcomes. How working with her emotions has become a powerful source of confidence and improve many of her relationships and the risks she's taking at work. Lastly, what's happening with Linda's nighttime eating and why is she not freaking out about it at all?

Today's episode is so rich and I want to thank Linda again for sharing her experience. You guys are going to learn so much and I know you're going be able to learn a lot and relate to Linda's story. Enjoy.

[INTERVIEW]

[0:03:24.9] AS: Welcome insatiable listeners to episode 96; Weight Watching No More with Linda, and to find out if she is, if she's still weight watching no more.

Before we get to talk to Linda, one of my former clients, I want to remind you guys that Truce with Food: Tapas Style is now open for registration. This is a six-week introductory course into my methodology, and we're going to be talking about how to not use food to manage stress and overwhelm and that's what Linda and I are going to talk a lot about today because that's come up really big in her life.

That's really what the focus of this program is going to be. It's a seven week program, \$500, and it's only on the emotional side of food. If you guys are interested, check it out,

alishapiro.com\truth-with-food-tapas-style, and registration runs from September 12th through September 25th.

One more thing, if you guys like the show and are getting value from the podcast here I'd really, really appreciate if you could leave a review. It helps the show. It helps more people find this show which supports the show so we can keep it going. If you have an iPad or an iPhone to leave a review, what you do is you launch the Apples Podcast App. You tap the search tab, enter insatiable, tap the blue search key at the bottom right, tap the album art for the podcast, tap the review tab, tap write a review at the bottom, then you have to enter your iTunes password to login, tap the stars to leave a rating, and then enter the title and text and content to leave a review and then you hit send. We've gotten some really great reviews since I started remembering to ask you guys, so thanks. We had dance19 gave insatiable five stars and said so inspiring and I got a huge laugh out of this review. She said, "Listen to this podcast. Listen to a couple of the episodes. It took me a few episodes to get used to Ali's style, but now I love her. I'm so glad I have this podcast in my life." For anyone who wants to smash the patriarchy, this should be a source of your inspiration." Thank you dance19. I appreciate it.

Linda, welcome back.

[0:05:55.8] L: Thank you. It's good to be here.

[0:05:58.2] AS: I know. It's so good to see you. I always miss seeing my clients once we're done working together.

[0:06:04.6] L: I know. The way that I also feel like right now I'm back home, like I feel like I'm in a place — I actually feel like I'm on one of our calls and I'm going to see like some of other friends.

[0:06:16.4] AS: I know. I know. I kind of figure a way to keep us all connected, because we all want that, but I've got to like figure it out. For everyone who's kind of joining us or new to the show or hasn't heard Linda, last episode we met up with Linda was episode 70 and she was just finishing up Truce with Food. For the past six months she's been on her own. The reason I wanted to have Linda on the episode and why it worked out really well to talk about stress and

overwhelm and using food or managing the stress into more rewarding outcomes is because I've noticed this pattern with my clients, is that after they get really solid with the truce of food tools, the skills, the mindset, after about a year they're really completely different people. Not in like dramatic everything has changed. In a way nothing changed, but everything's changed type of way. Would you agree with that, Linda?

[0:07:12.3] L: Yes. Totally. That's a great way to say it.

[0:07:14.8] AS: After about a year you start to realize if you struggle with food, if you battle food, you start to realize you're battling life in ways that you didn't know you were battling, which is what we tend to call stress over overwhelm. We're not really clear on what it is, so we use these very general terms, like stress and overwhelm.

After about a year of really like basically perfecting the kamikaze tools, my client start taking more risks in life, and so they start really — I call it playing to win, and they start making new choices that are really things they would choose rather than kind of just having life happen to them.

Linda, when we left off, a couple things — The big thing health-wise is you were looking, going to start to taper off your antidepressant, because you're feeling really good and you went to your first psychiatrist and they basically told you not to do that, so you found a new one.

[0:08:07.2] L: Yup. Exactly.

[0:08:09.5] AS: Let's talk a little bit about how that's been. Have you gone off? What's happened? How are you feeling?

[0:08:14.9] L: Yup. Actually, the last that we met I remember you said, "So what's next for you?" I'm like, "Well, I'm going to try going off these antidepressants." I was like, "I think that's enough for now," and we'll get into the other things that have changed. Yeah, I went to my primary, or actually she's not my primary, but the doctor that I see that you also had seen for a while. She had suggested some settlement that I could use, like one was like a magnesium, one was like a

lavender to use at night before I slept to use while I'm tapering off. She said, "I suggest you also work with a psychiatrist." I said, "Okay."

I went to a psychiatrist and he told me that I needed to be on antidepressants for the rest of my life, because I've had sometimes in my life that caused depression. He didn't ask anything about what tools I had in my toolkit right now, and I immediately let him talk at the point I was like I'm not even going to have an argument with this man. I was like, "I'm not doing it this way." This probably is not the recommended way to do it, but I Googled how to taper off Zoloft like really, and I did over a two-month period. I did it really slowly. I feel like I could have done it a lot sooner, but now it's been — Let's see. My last week was about six weeks ago. It's been about six weeks that I've been completely off, but I'd say like the final two weeks I was literally like breaking a pill in half every other day. I was off it probably before then.

I will say right after, it was like my first morning off. I can't remember what happened, but something really stressful happened and I turned to my husband and I'm like, "I made a big mistake." He's like, "What?" I'm like, "I shouldn't have gone off my pills." I can't remember what it was and it felt like a huge thing at the time. I think after I said that we both burst out laughing, like this is ridiculous.

It's been great. I actually feel — I think I thought something more dramatic would happen. First of all I thought I would drop a ton of weight, because I was sure it was the antidepressants that were causing me to not lose weight, which I also thought I gave up wine like a year and a couple of months ago. I thought the minute I dropped the wine I would lose a lot of weight. Realizing that there's other elements at play, like none of these is happening immediately, but I think in the back of my head I had this expectation set that the weight would come off because it was the antidepressants, but that wasn't why I made the decision to go off. Yeah, it's been great.

I think the one thing I would have liked to have done differently is done more yoga kind of during this transition without because that is something that I found really, really helpful during my busy time like in the spring at my job. I wish I had more time for it, but right now it's not and it's okay. Yeah, I feel really good. Yeah, I feel like myself. I don't know what myself is, but, yeah, that's true as it can be.

[0:10:58.3] AS: One of the things that you said that I thought is really interesting is that next day it's almost like the universe was like, "Do you really want to do this thing, even though it was something really stressful?" What does it feel like? Again, anyone who's listened to this show, I am agnostic about if people take medication or not. Everyone has different things. However, there are more choices than just relying on it for the rest of your life. Like you, I used to be on Wellbutrin. I didn't want to be on the rest of my life. How does it feel to know that you can handle this stuff?

[0:11:27.3] L: Yeah. I think the thing that's interesting is I thought something would feel different. I can say that I'm more emotional. I don't think that's from the pill. I think that happened from going off the pills. That happened probably during the last round of Truce with Food, what I really started letting myself feel emotions. I think going through this process before going on to the antidepressants really helped because the emotions are not scary like they were before. Even that one morning when I was like, "Oh! This is a huge mistake."

Aside from that, I've had some instances since then where I've been crying and upset about things and I would say every once in a while in the back of my head — And I usually use my husband as my sanity check, like, "Do you think that this is because I'm off the pill." He's like, "No, because you were doing this six months ago, like you were working with Ali," because I'm feeling stuff in a different way. What I would say feels different is I feel really powerful. I think especially having this psychiatrist telling me that I should never go off the pills and we're going to talk about stress and why I almost feel like the timing was a little weird for me to go off them based on adventures that I'm embarking on. Having this person tell me you need to be on them for the rest of your life because you don't know what's going to happen and you can't handle it if it does happen, which all of these is so big. What does that even mean? Knowing that I can know, like luckily nothing has happened that's made me need to handle it, but I think I have the tools now and knowing that that confidence is within me is huge. It's a huge shift. There's like definitely a confidence that wasn't there before.

[0:13:02.4] AS: I love that you used the word powerful, because I think confidence is dependent on external validation or external approval or what not, which is often what we're seeking in life. When it comes from within, it's like, "No. I'm going to make my choices and I know how to

execute on those choices,” because it’s one thing to say, “I’m not going to take an antidepressant,” and then it’s another to say, “All right. I’m going to do the work that — I’m going to get the sleep I need. I’m going to do the yoga. I’m going to reach out to people when I’m upset. I’m going to make sure my blood sugar is balanced.” There’s a lot of work to do it without the medication, but it feels — I think that word powerful is so important for people to listen. It’s like, “Oh my God! I’m not dependent on anyone else or anything for my choices.” We need each other.

I got to tell you, that was a huge turning point in my life too when the doctors were just kept giving me medicines for everything. I was like, “I know —” It wasn’t that I know more than them from a disease management standpoint, but I knew different things, but it totally rocked my world and I say — I use the metaphor when you stop eating pre-packaged foods, if you really go down the rabbit hole you stop wanting a pre-packaged life. I think your next move that you then — It turns out you left your job for a different one. I connect with that metaphor, it’s like, “If I’m this powerful, what do I really want from life versus what I should want.” Can you talk to us about — I kind of like jumped the gun, but I didn’t totally.

[0:14:37.3] L: I know. It’s kind of exciting to talk about it. Yeah, where I was working before was a really prestigious university. I loved my job. I loved the people I was working with. It was one of those roles that I could have — I saw myself staying in for like five years. Like another five years, the boss that I had was probably going to retire and my plan was to move into his role, not making any assumptions, but that probably was really likely.

Another opportunity came up at a less prestigious university that was actually having some financial challenges and they had new leadership and they had a new women leader, the first woman president that they ever had was really inspiring to me, and the kind of comeback story they were having was really inspiring, but it was a huge risk because I was leaving — It’s one thing if you leave a job and you’re kind of indifferent about it. I actually loved my job. I looked forward to going to work every day, but the opportunity seemed too great to pass up and I felt like I could do it, and that was the weird part, where I think there was no doubt in my mind that I could do the job and then I can survive whatever challenges came out. I think the hardest part was like leaving my friends at my job, but we’re making efforts to see each other. That’s great, but — Yeah, that was, I would say — I don’t want to say the opportunity wouldn’t have come to

me a couple of years ago. I don't even know — I don't think I would have sought it out. The opportunity, I wouldn't have even seen it. It wouldn't have been an option for me. Yeah. That's like huge, huge move.

[0:16:13.4] AS: Two, you're in finance, so you're in charge of the dolla' bills.

[0:16:19.5] L: Right.

[0:16:22.6] AS: You were at this very prestigious university. You had dollar bills raining from heaven, or not from heaven, from the patriarchy. No, I'm just kidding. I'm just kidding.

[0:16:33.2] L: It's so true. Yeah. Beyond patriarchy.

[0:16:36.3] AS: Yeah. I just thought of that from that review.

[0:16:42.8] L: You know, patriarchy is my daughter's favorite word right now. I don't know if I told you that?

[0:16:47.8] AS: That gives me hope. It gives me hope. Sorry. They're awesome. I love them. Then you went to a place where all of a sudden the dollar bills weren't raining down. You had to practically find them. I think that's important for people to realize.

In terms of stress, what you're actually doing in terms of if we're going to borrow Sheryl Sandberg's term, you're leaning into a challenge. You're learning and leaning into stress. How has having the tools to deal with like what we've talked about in Truce with Food, or even the own awareness of your own patterns of how we tend to make things feel more stressful than not? We see them as more dangerous versus really getting clearer on what's happening and what you're responsible for, because it's a huge uncertainty and we experience a tremendous lack of clarity when we make a change, which is part of the stress. It's really tempting to like overeat and numb out and just kind of say, "Well, this is how it is right now. I'm transitioning and I deserve this right now." What's been different for you?

[0:17:56.9] L: Yeah. A couple of things. I think at the primary level, the way I approach my food and my eating isn't as much of — Actually, I was going through this piece a little bit even before I started the job. I think we talked about how food wasn't a reward anymore, like food was like, "I go to eat because I need to keep my blood sugar balanced."

Lunch time, there are days where I don't even really feel like eating. I've had a great breakfast, but it's time and if I don't eat now something is going to happen later and I know that's coming. I really went into the new role, and the campus that I'm on doesn't have the food options that I had at my old campus. The old place had a salad that I could get. It was \$17, but it was blood sugar balanced and had extra meat and extra avocado. Where I am now, I don't have that. I'm a fanatic about packing my lunch. Every single day I bring my own lunch. I make sure I have it. I eat my same balanced breakfast.

I would say seriously in the old days, under stress — I'd be like, "I'm too stressed out to even eat breakfast right now. Let me get an egg sandwich on the way to work." That was my biggest lie that I told myself where now an egg sandwich doesn't feel good. If I do have to have it, I have to peel the — I peel the bread off, because the bread just sets me off [inaudible 0:19:07.6]. I think knowing what the food does, whether I'm not eating what I want to eat, how it makes me feel and how I can't do what I want to do productivity-wise or whatnot and knowing how the right choices actually make me a little more focused and able to do what I want to do. I've been a fanatic.

The story that I think is — I think this is the most telling, is I'm at this lunch meeting. It's like my first week there and they're getting the food catered because they have a dining hall service and they're like, "What do you want? The three of us are vegetarians, so is vegetarian okay for you?" I was like, "Oh, no. No. No." I was like, "I need animal protein and lots of it." After I said that, I was like, "Who says that?" I said, "By the way, I love vegetables too. Please give me whatever you're having. Just throw like a giant piece of chicken on there and I'm good to go."

In the past, first of all, I would have been really self-conscious about my weight. I don't want to be demanding about sweet. I think you talk about this a lot, like when you're big you shrink back and you don't want the attention, where I'll come right out and I'll say like something interrupts when I was going to have lunch and a meeting comes up and I'm like, "Listen, I'll come, but I

need to bring my lunch with me.” Basically just throw me off-kilter, because I need to do that and I — You know what? The funny part is no one really cares. I think if anything people are more interested, like, “Wow! That’s really interesting that you are so aware of what you need.”

I haven’t gotten — And it could be that I also don’t care. I’m not looking for what is everyone else is thinking, but the response has been really interesting from my new coworkers where, I think, first of all they’re leaning, like Linda needs to eat right at noon or she gets crabby.

[0:20:50.8] AS: That’s what everyone knows about me.

[0:20:52.3] L: If you’re going to meet her, bring her a piece of meat and an avocado. That was so funny. The other thing aside from the food that I thought of you a lot during this, because something we talked about a lot in Truce with Food is kind of like you don’t — I can’t remember exactly what you call it, so I’ll explain. When there’s like a group of people and you assume they’re all together and they’re having fun and they’re this great group and then you’re on the outside of it. What I realized when I came in I’m like, “There are a bunch of people that have their own stories. I don’t know any of these people. They don’t really know me, and I’m not going to make any judgments about what I think they think about me. I’m just going to be me and handle things the way I need to handle them.”

That’s been a really big change for me because in the past I would be really worried about being liked, making sure everyone likes me. Making sure — Especially, because I came in at a level where I think a lot of the people were reporting directly to the most senior management and that I’m just new layer and it is a little sensitivity, I think, based on that. I came in like, “Listen. My goal is to make your job easier. We’re going to work together. Let’s do it.” I’m not as like, “Oh, she doesn’t like me,” because I can tell there’s some people like if we don’t get along, we don’t get along, but it’s not bothering me in the way that I think it used to. I think that mindset used to take so much energy, like worrying about what people think. There’s no control over it, and half of it was probably assumptions that weren’t right anyway.

[0:22:22.2] AS: You just — Oh my God! Said so many important things. First of all, a lot of my clients realized once they kind of think people are going to comment if they are “demanding about their food”, when it’s really just looking out for yourself, and like 80% to 90% of the time

people are curious. They're like, "I should be paying attention." We think that they're going to judge us, but really, they're just as curious, because everyone feels like shit today.

[0:22:48.0] L: Yeah.

[0:22:48.6] AS: I mean not everybody, but a lot of people — If you're healthy, it's like a radical act. People genuinely want to be healthy, so they're not looking at it in terms of, "Oh my God! What is she eating? Whatever." They're like, "What I should I learn from this?" That's important for everyone listening, is often times part of stress and overwhelm is around food, is assuming it's a conflict around what need and want versus other people.

[0:23:15.5] L: You know what else, Ali? It's interesting, because when I was on Weight Watchers, the big thing for me would be I don't want to make a big deal out of what I'm eating, because I was scared that I'd be off my diet in a week or two. I'd be like, "I can't be really demanding about dressing on the side," or whatever the rules were at that time, because I was like, "Someday down the road I'm not going to be this demanding, because there are going to be days when I wasn't to say, "Fuck it all," and just eat whatever I want." I almost like setting it up for that, or setting it up so that I could cheat. I was doing it in that way. This way, I'm like I'm in it for marathon. I'm in it for the long term. There's no days' off, because this is just how I eat. There's not a day where — There was one day where I had, I think I had to have a breadstick and then I felt crappy. The funny part is like everyone knew. Not because I'm like high maintenance and talking about it, but I was like, "Oh my God!" By the afternoon I was like I — Like my eyes are closed. I can't handle this. That lunch just did me in.

It wasn't like a huge — I don't know. It wasn't like a huge thing like I thought it would be. Like where it was always, "Oh, if I'm not eating this way, then people will notice when I don't." They'll be like, "Oh, she is so high maintenance." I think it's a little bit of that kind of setting it up that this is what it is. This is the long term.

[0:24:28.4] AS: What I love — What is underneath that is that you trust yourself now and you've changed how you view food, so it creates this better self-fulfilling prophecy of them in this for the long run rather than almost setting yourself up for failure when you don't trust yourself. I know a lot of people are going to be able to relate to that.

Part of that came from what you said is in the past my emotions used to scare me. Now, I know how to be with them. I know that this mindset that we create in Truce with Food which we call the boss mindset is like so — It's like you don't even have to think about it. That's the cool thing, right? It just gets easier and easier, but you're able to manage your own reaction and what you're assuming. By having the emotional intelligence that you have now, you know what your projecting on to other people versus what's really true.

I think that's how we often make things stressful and overwhelming when there really is nothing to be stressed or overwhelmed about. I love that you share that of like it's not that you don't care what other people think. You're just like, "I want to be here to be collaborative and to help you and support you," rather than, "Ha! Oh my God! I'm coming from a defensive position of, "Oh my God! Who likes me? Who doesn't," rather than, "Hey! We're all in this together." It's a completely different point of view."

[0:24:28.4] L: Yeah. I had a couple of — Like there was one person that I was having some uncomfortable initial — Like we just got off on the wrong foot, and a couple of times I went up to her and I was like, "Listen, I feel like things aren't going well. How do you think things are going?" She's like, "I think they're fine. I don't know what you're talking about." I'm like, "Okay."

A couple of times like I tell my husband about the stories, because I'm like, "I don't think it's going —" I think it's obvious. Like I don't think it's me internalizing it. Finally, one day the dam broke. We had the conversation and it was a very open conversation and I think both of us felt great after it where we were able to — Hold on. My son just came in here in his karate uniform. He's so cute.

Buddy, go see dad though, okay?

[0:26:21.2] AS: Tyler!

[0:26:22.7] L: I know, I want to share him too! Like, "Hi everyone." But, we had this open conversation that I just don't know that that would have happened in the past because I think I would have been either thinking, "Okay. She doesn't think anything is wrong. I'm a crazy

person,” but yet something was standing in the way. In a little bit was she felt like I came on a little too gums blazing when I got there, and I’m like, “Hey, I’m excited, and this is kind of how I am. I have a lot of ideas and I want to collaborate with you on them. You could tell me they’re not going to work or you can hang in there and like listen and brainstorm with me and then we’ll figure it out together.”

I think we’re getting to a good place, but I think a lot of it comes with just being really — I feel like I’m — You know what? I feel like I’m opening like a vulnerability kind of thing where I’m like it’s uncomfortable to go to someone and be like, “Hey, I feel like we got off on the wrong foot.” I was like, “It is what it is.” A lot of it just feels like data. I’m like at someone point she’s going to give me some data that helps me understand what’s going on and we’ll figure it out and I just continue to try to collect on that data.

[0:27:28.6] AS: That’s a perfect example of something in the past. I think there’s two things going on here, but often times if something is uncomfortable we eat. WE just eat. We’re like, “It’s uncomfortable.” There’s a reason we call food comfort food. It’s like let me be comfortable with this discomfort. The only way to do that is to eat something really sugary and fatty that’s going to light up my dopamine receptors and make me feel good about something that’s really uncomfortable.

What I’m saying is the only way to really high and a have truce with food is to come at it from a collaborative and get over the hump of discomfort. Like you said, you had a really rewarding — You didn’t say rewarding. In my mind —

[0:28:06.6] L: Actually, you know what? It was, because things feel different between both of us. I’m getting definitely a different response from her and I feel like I’m being different in the relationship too. We kind of let some kind of guard down and, yeah, it was rewarding.

[0:28:21.1] AS: Yeah. I think often times those are the relationships that we end up really cherishing are the ones where people can have tough dialogues with us and in a sensitive way, right? I think in our culture “conflict” is viewed as bad, and that’s not inherently true. Conflict is what it is and it can be really valuable. I can’t help but extrapolate outwards of the political climate. No one is having dialogue. Everyone is just arguing their points, and it’s like we need to

bring this as a culture. We need to be able to have different points of view and really work to get the best answer from all sides rather than just kind of ping-ponging back and forth between, “I’m the boss and you’re this, or these are our pre-defined roles,” and so there’s a hierarchy but rather coming to that collaborative space.

Now, when you go to work every day you don’t need to like every time you have to talk to her go into the candy jar, right? Right before you talk to her.

[0:29:19.4] L: Yeah, it’s true. It’s funny because there were — I remember the first week when things felt uncomfortable. I was coming home. My daughter just started baking too and she’s been really into baking stuff. I noticed that I was eating at night because I was feeling uncomfortable. The good thing was during the day I would wake — It wasn’t like, “Oh, I lost my diet and now this is how it is.” I would have my s’mores at night. Again, these aren’t behaviors I want to continue, but what I was able to do was the next morning I wake up, have my same green smoothie, I have my eggs and avocado and then the day starts again and there’s none of that stuffing my face with stuff all day long because I’m feeling uncomfortable.

I think even in moments where I was doing some of that stuff at night and I think the difference is that I was able to kind of overcome that and work through it. I think there was another night I remember I started crying and I just needed to cry. I’m talking to my husband and then I go, “I just really miss my friends,” because I missed my old coworker, and then we both burst out laughing because it was just so — Like it was at the pit of it. I was like, “You know what? I didn’t have these kind of relationship problems where I used to work, because I knew everyone and I had so many friends there.” Even if someone wasn’t getting along well with me, I could kind of vent with something else and be like, “Do you see this too?” Here I’m kind of like on an island, like I don’t want to say anything. I don’t want to talk about people, but I want to — Sometimes you just need like a reality check, like, “This is what’s happening.” They’re like, “Oh, yeah. She does that to me too,” or whatever. I didn’t have any of that, and I just missed it and I think by experiencing the emotion I was able to realize, “You just really miss your friends.” It doesn’t mean the job is bad. It doesn’t mean your new coworkers are bad. You had something that you don’t have anymore. I still have those friends but I don’t have them every day.

[0:31:10.2] AS: That is such a great example of, again, in our culture we're told anything that isn't love and light and think positive, high vibes, is bad. There's no hierarchy of vibes, okay, people? Oh my God! This self-help industry is so off the rails.

Anyways —

[0:31:30.7] L: I love that.

[0:31:33.1] AS: What happens is if we stay with our emotions we get this clarity that makes us feel safe, like, "Oh! This is what's happening." It doesn't mean it make it automatically better, but doesn't it feel more grounding, because we eat when we're feeling grounded. When we say we're stressed or overwhelmed we feel like we're being carried away that we have no control over. How does it feel to stay with your feelings and then be like, "Ha! I miss my friends." Would that surprise you?

[0:32:00.8] L: Yeah. It actually shocked me that I came to a realization by experiencing it, like where I really was that — That was it in a nutshell. It made it so much more manageable, like the crying. The crying is fine. It doesn't bother me. I used to like have these floodgates that opened because I bottled it up whatever emotion I was feeling. But I would say now, it's funny — Here's an example. Another example is that one day I was having just a very rough day and I texted my husband, I'm like, "Listen. I need to go to yoga when I get home. Can you figure out what the kids need to do? I just can't. I need to make this happen." That was my default. I just went — I went and did that. I knew when I need it and I was able to do it. The alternative could have been a night where I came home and I had a ton of cereal, which that's usually my comfort food is like my gluten-free cereal and coconut milk. I've had those moments too.

I remember, this was like a while ago at my other job I wrote him, I could have done the yoga, but I was like, "Listen. I'm stopping at Trader Joe's. I'm picking up some gluten-free cereal and coconut milk. I'm going to come home, eat, and then just go off to bed. Can you handle every —" He's great. He handled it. I think knowing that that's coming, where in the past that literally would have been an afternoon like, "First of all, there's no chocolate drawer at the new job," which is awesome. I'm thankful for that. It would have been an afternoon of, "Let me get my hands on whatever kind of junk food I like to eat and get through it." It's baby steps.

Seriously, if I could just eat sushi ever night, like if I did have salmon, sushi and not think about dinner, I think my life would be easier, but I would just deal with my emotions, but sometimes I happen to make that decision of like I have to eat. What am I going to eat? I don't feel like doing it and dealing with it. Then it becomes like s'mores. I don't know.

[0:33:45.2] AS: That maybe then something that you realize is like, "Maybe I just need to have sushi every night until I get through this hump."

[0:33:51.9] L: Yeah. You know what? I actually — This was something, because I think what I was doing where I've been doing is making — I guess this goes along with stress management where I loved eating the homemade food that I make. I actually like cooking. I used to like cooking a lot more than I do. I'm not a huge fan of — Oh, yeah? Did we talk about that? I don't know if we talked —

[0:34:09.2] AS: We didn't. We have got to talk about how you realize you're not a foodie. I love that.

[0:34:14.4] L: I'm totally not a foodie. I could eat the same thing for breakfast, lunch and dinner every day. The funny thing is like we still go out for dinner, but not that often. It's really not because I don't want to. I enjoy doing it. My husband and I enjoy going out, but we would just as much to go out and have a walk or go someplace. For me, normally, going out is that I want to be outside, like where I just don't feel like cooking dinner. Like it's more — It's beautiful day, let's go out and do something.

We went through a period probably like in may where we had wholefoods sushi every single night for weeks. Anytime I went to yoga I would pick up sushi on the way home and we would eat them. He was getting sick of it. I'm like, "I could just eat this. This is what I want to eat now." I would do the salmon, because tuna I think it had mercury problems. I don't know if it's wild salmon though. Anyway, I'm digressing. Yeah, not as much of a foodie, but I still don't want processed foods or ordering out, so we're still preparing stuff. We do a lot of grilling and whatnot, but it's just for like lately it's been harder and harder to get that done, but I am working more. There's a lot to take care at the office.

For next week, I have a very easy menu plan and I have — Like it's water coming in from wholefoods where it's stuff that's already like pre-cooked, pre-grilled chicken and things like that. I'm like — I want to make things easier on myself, and I think recognizing that and doing that and still having the right foods right around that make me feel good I think are going to help get me kind of through this particularly stressful period of time.

[0:35:52.3] AS: What you're describing, health is a vehicle to take risks in life. Life is really short. I think we can — I think for our human psyche we have to put that in the back of our mind. Like, "Oh, I have all the time in the world," but like, "Life is really short." The goal isn't just to be a size 6 or to have no diagnoses or to be off medication. It's like, "No. I want to be vital so I can take risks and feel things and experience things." You're doing that right now and you're in the startup phase of a new choice.

To me, the health choice is taking the risk. You're building resilience right now, which is ultimately a really big health metric. It's like you're doing enough with the food, but why should it be the focus? One of the things I love to ask you is how do you think your resilience and your ability to handle these risks now is different because you don't have, "I got to battle food every day." Because that's a life-sucking energy.

How do you think that helps you better even manage the emotional stress, because that, "I am on? Am I off? My coworkers going to ask why I'm using dressing again." All — How do you think that has shifted for you and helped you better kind of go up the spiral staircase in terms of how you managed your emotions and overwhelm without that background food battle going on?

[0:37:19.4] L: Yeah. I think the main thing — First of all, I feel like I have so much more time. Not only just from the not obsessing about food and doing whatever — I don't know even know what I was spending so much time on related to food, but I was also drinking a lot of wine, so that was happening at night. I just feel like I have so much more time and I feel like at night — This is the main thing that I think is different is that when I was stressed out from work in the past, and my job wasn't very stressful at my prior job just because I had been doing it for a while. I would be stressed out all night, and that's when I would be doing a lot of eating, a lot of drinking, yelling at the kids. Things like that were happening where I, first of all, feel like. Then I

can talk a little bit more about how I'm handling it on the daytime, but I leave work and I actually don't have work hooked up to my phone. When I leave, I'm done. I disconnect and I go home and I do what I need to do, but I don't feel like pressure. I literally — The only pressure I really have when I get home is that I have two kids that I want to spend time with and half the time I have the working mom guilt where I'm like, "I don't spend enough time with my kids, and I need to do this."

That's the thing that I think about it. It's not, "Oh, I'm worried about tomorrow. I'm worried about this and worried about all these food and stuff." The nighttime feels very low stress for me, which is really nice. I noticed that kind of difference. Yeah, I don't know how I got anything done in the past when I was a little worried about food and — I remember at one point I don't know what diet plan I was on, but I was eating two snacks a day. I would bring breakfast and eat it at the office and I have a snack and a lunch and a snack and then — First of all, just the amount of food prep and to like taking time out to eat all day was using a lot of energy, but then I think also that mental exercise and the gymnastics I was doing over like, "Oh, I forgot my lunch," and then I made a bad choice, or worrying about my size or whatever. I don't have any of that.

I would say my days — I don't know if it's even just from eating healthy and/or from not having all this stress. I'm like laser focused. I also do the flower essences. I don't know. I could be a combination of everything, but during the day, my focus is like a laser. I do notice, like when it's lunch time I'm like, "I got to get some food in me," but then I'm like really kind of in it for the long haul. It just feels like the focus is there even when it's stressful, because I feel like I can handle it better. There definitely is an element of resilience going on too.

[0:39:51.3] AS: yeah. I think too, this is a big thing that we're going to talk about in the fall program and then we talk about in Truce with Food is, often, when our mind darts to food, it's because something feels emotionally stressful or overwhelming. Then all the other diets and approaches do is they're like, "Well, do you really want the chips and queso?" You're like, "Yes!" They're not examining what's underneath it. It's like even cognitive behavioral therapy. It can be very helpful I think in other circumstances, but when it comes to food it's like you don't need to analyze the mental food gymnastics. You have to look up what's the emotional overwhelm that triggers the thinking about food versus other approaches I think especially like, "Oh, don't go hungry to the party," or "do all these stuff." It fuels this illusion that you are fighting with food

rather than you're really stressed or overwhelmed because of something, because of certain feelings, because of your story, and that's what needs to be addressed.

By addressing that head on, I think what you're also describing when you talk about shutting work off, there's this ripple effect when we feel really powerful. It's that we can get done what needs to be done. I think it's not — It's easier to keep our boundaries, because we're like, "I got this." It may be challenging, but I can do hard things. I think that ripple effect of being able to leave work at work and not kind of rehashing everything comes from being grounded in your body and feeling and making better choices during the day, like having those difficult conversations with a coworker. You know what I mean? It creates more of a grounding in your everyday life, which then has an exponential ripple — Now, I'm mixing metaphors. I'm thinking of like the ripple effect of the pond of just, "I can turn work off and I can turn my mind off." Physiologically, you're not a low-grade fight or flight response all the time. You're in rest and repair more, which then our brain isn't going to be creating the obsessive thoughts, which is often a physiological effect of too much sugar, blood sugar imbalances, but also the stress of the day.

[0:41:56.8] L: Yeah. It's funny because I do — There are days when I'm leaving and I can feel it. I think a lot of it has to do with just being more in touch with my feelings and emotions, but I can feel that something is still with me and my huge thing is I have now like six different playlists on Spotify. I have my mood mix that I made in Truce with Food that kind of helps me cry and dig up emotions. Then I have another one called like let's do this and — When I feel like I need a confidence boost. I have one that's called F this, and it's like when I'm pissed off. Then I have like a sad reflective one. If I'm having a certain feeling and I'm like, "I just don't understand where it's coming from," I'll put out my playlist and I do that for my commute and then it kind of like works itself out.

Sometimes I identify what I was feeling. Sometimes I don't. I don't really get upset about it. I'm like, "Okay." Sometimes the music just kind of gets me through whatever it is. I feel like that's a little skill that I definitely learned in Truce with Food, but kind of embracing the fact that something is still with me, I take with me, but you're absolutely right about the feeling like — I feel like when I left, I'm like I gave it my all today. There was not an extra ounce of anything that

could have been done and it is what it is, like, “Now, we’re done. Let’s start again tomorrow,” and do it. That’s a power confidence thing that I don’t think I always had before.

I think sometimes maybe I was feeling guilty about the amount of time I’m obsessing about weird non-related work things, then I was worried that I wasn’t as productive as I should have been. It totally could have been that too in the past. I don’t have that now.

[0:43:33.5] AS: Yeah. I think when we’re afraid to feel our emotions or we don’t feel them, it’s like we only can live in our head. We’re not getting all of the data that we need from the day, so it creates this uncertainty that just kind of perpetuates it versus when you’re feeling things. I don’t want to keep coming back to the coworker example, but there was intuitive sense that something was off. I like that you had the emotional agility to keep that storyline open rather than saying, “Oh! Everything is fine, and I can’t trust myself.” It was like, “No. I still think there’s something. Here, I’m going to keep this open.” It’s just beautiful when we can be in our bodies. There’s so much great information and data.

One of the things I feel like a lot of people who come on, who I have my clients, they do talk about crying more. I just want to say though, do you feel differently about crying now? I used to think it was a bad thing and I’d be like, “I’m sorry.” Now, I’m just like it is what — It’s just where I’m at. I often feel so much better afterwards. Has your view of crying changed or is it still the same?

[0:44:35.4] L: Yeah. First of all, it has — And I have a cute little work story about crying, which I’ll tell you. My view of crying has changed for my kids, because I was doing the same thing to my kids. My daughter would be crying and it would work me up, because I’d get anxious because she’s crying because I had my own issues with crying. I’m sure I was like transitioning that to her. I felt like I came a long way, and this was recently, like in the last couple of months, she was crying about something and I just remember having a conversation with her, like, “You know what? This probably feels good. Do you want to just like let it out? Like cry.” Like where in the past I was trying to solve her problem so she’d stop crying.

I can tell in the way that I’m treating her when she’s crying, which to me is huge because I don’t want her — I’d like for her to grow up and be like, “You know what? Sometimes I just need to on

my room and cry or get it out.” We haven’t talked about playing certain music and kind of helping through that. One morning at work, I can’t remember what happened, but I was really upset about something. I don’t even know. Something, I think it was early on, like the first or second week and I was like — I think I felt like I made a mistake. Like I was like I made a huge mistake “What am I doing here? I shouldn’t have done this.”

I think I had some kind of interaction with someone and I had a meeting right after it. I had to go to the meeting and I’m like — I show up at the meeting and I’m like holding back tears and I said to the woman I was meeting with, who actually reports to me, really nice person. I was like, “I need a problem that I could fix.” That was what came out of my mouth. I don’t know what, but I was like, “I just need to fix something.” She’s like, “Okay.” It was like she had all these boxes that needed to go to a storage. It was a very easy task. She’s like, “Actually, I did have a problem for you.” I’m like, “Oh. Thank God.” She did tell that I was upset, but it was simply because I didn’t know what was going to come out of my mouth. I was ready to cry forever. I didn’t know what — I think it was almost like, and I want to use the words “lean in” again where I was just like, “You know what? I’m feeling something and something is going to come out. Right then I was just like, “I need a problem I can fix.” We both burst out laughing. Now, that’s the joke. Every time I meet with her she has all her issues and then one problem that I can fix.

[0:46:50.5] AS: To borrow Dr. Brene Brown, which like that vulnerability that we’re always trying to avoid when we’re feeling stressed and overwhelmed, it’s actually what brings so much joy and intimacy, like connectivity to each other, and we can laugh at the human experience, like I knew a problem I can fix. That’s hilarious.

[0:47:12.1] L: That’s the thing, like she’s probably the person I feel the most close to. It could be a lot because of the person she is or because of the relationship we’re starting to develop. It was also that I just went there and I think at any other scenario I might have sent an email and like, “Listen. I’ll be there in 15 minutes,” and gone in the bathroom. I was like, “I’m just going to go there,” and like I let whatever come out come out. I think that did bring us closer. Right now she’s like a very cherished colleague of mine. I don’t have a lot of those yet, because I don’t know a lot of people.

[0:47:43.9] AS: Yeah. I love that story. Part of also why I love following up with clients and for podcast listeners, because I want to show not only the sustainability of when you really do the work and you do the emotional challenges. It also show that change isn't linear. Not a straight line.

I just thought of one thing though. As much as you're comfortable crying, do you find that you feel joy more deeply now too?

[0:48:11.7] L: Yeah. I feel like I feel everything more deeply. I think crying is funny because it's not just like when I'm sad — because I used to use the term stress for everything and I feel like I identify my emotions a lot more. Sometimes I'm crying because I'm angry. Sometimes it helps me get to the nut of whatever it is, but I do feel like the — I think even like at work. Even like today, I just remember having this conversation with people and we were like cracking up. It was like some guy is adding something on his cellphone. All of a sudden I was like, "Wait, guys," because we have to laugh about how funny this is.

We're doing this budget and you're like on your cellphone. We're just laughing hysterically and it felt — I think not only that, but I realize I need to do — Like that's as important as probably like letting out those belly laughs relieve a certain amount of energy too. Yeah, I think I do. I feel like — Like I said, because I'm turning off work too. I feel more present with my kids in a different way than I would have before. I'm feeling that. Yeah, I think it's like every emotion. I think that whole thing I think Brene Brown said too, if you're numbing one thing, you're kind of numbing it all. I believe that for sure.

[0:49:22.6] AS: You said too that, Mike is your husband, that you and Mike, your relationship is like it's best as it's ever been, right?

[0:49:28.9] L: Yeah. In reality I never used to talk to him about work, because there's really nothing to talk. He knows everyone that I work with, and he's just become like this kind of sounding board. Yeah, where in the past I'd be like downstairs prepping 16 meals and doing all these stuff. Now, we hang out and read next to each other and laugh and watch shows together which I never watch TV before. I did, but not with someone. I used to veg out in front of the TV, which now I mindfully will watch a show with him and enjoy it.

[0:50:05.4] AS: Love it. Love it. I just want people to really hear that there's a huge payoff. It's not just all tears or cleansing for sure.

Back to the this isn't a linear process and anytime that we're getting healthy there's going to be ups and downs and the downs can be resilience builders or they can derail us. You were talking about at night sometimes being stressed and maintaining the healthy habits during the day, yet having some of the challenges. I always say night time eating is the hardest. It's just the hardest nut to crack. Do you want to tell us a little bit about where you are not and what you're working on?

[0:50:45.1] L: Night time eating is what I'm working on. It's funny, I think early on I think we had talked about blood sugar balance. The one thing you said was if you're going to kind of go off, like night time is the time to do it because your body — You're not awake. I do less damage by doing it at night. I don't think I'm consciously planning it that way, but I'm also at home and I'm like a little more relaxed and that sort of way.

Yeah, my daughter is super into baking. It's adorable and I love it, but she's not baking peanut butter, brown rice, rice crispy treats or whatever. That was for the recipes, yeah. I need to get her on some kind of less sweet sugary stuff.

I think the interesting part though is it feels different than it did in the past where — I think the funny thing is, so when we were going to talk I weighted myself and I was like sure that I lost weight. I was like, "I just need it as a data point." I didn't lose weight and I'm like, "What the heck?" I was really frustrated by it. It actually got me down for a couple of days, but then I took it as data. I was like, "All right, first of all why aren't you? Why haven't you lost any more weight?" I'm like, "Okay."

When I was putting in my notice at my other job, I remember a night where I was like sitting in front of — Like kids have these snacks. I was like eating the snacks, and I was like, "You weren't totally chowing down on Oreos," like you were doing that. I didn't remember that I didn't, because it was just like a quick moment. The thing is in the past, that would have derailed me. It would have been like, "Oh, I'm off with my diet." I did it and then I woke up the next day and had

a green smoothie and eggs and avocado. It didn't register that I had done that. I did it a few times. It wasn't just one Oreo night. I was talking to my therapist about it, because I told her, I said, "Something is up, and I don't know what's up but I can't stay away from the Oreos." She made me promise that if I was going to have Oreos I would do it in front of my kids or have Oreos with them, which was hilarious, because she's like, "You're doing it because you're embarrassed." I'm like, "I am, but I don't even realize that I'm doing it."

I think the whole point is realizing that that was happening, realizing there was something behind it and talking — At that point I was seeing my — I'm not even seeing my therapist right now. She said I graduated. She didn't want to see my anymore.

[0:52:52.5] AS: I love it.

[0:52:53.4] L: I love it, but I'm starting a new job. She's like, "Don't worry. You got this." It's just like coffee. Do you need me? She's great. That's fine. I think this was data. The fact that I was doing that, that was data. It wasn't that I'm off my diet. I need to get in battle mentality or whatever. What I'm doing right now is adjusting. I think what's happening is I eat lunch at noon and I don't get home too late. Some nights I need to eat — I need to eat much sooner. Again, it's all data and I'm going to figure it out. I know that I will. I just haven't — I haven't committed to figuring it out yet. I really would just like to do sushi every night and then go to bed and not worry about it. But I think that's — I guess the question would be what's the next thing I'm working on, and it really is kind of getting back on track with that and understanding what's behind it. I think I know. I think it's just stress from the day and kind of working through those things, but I need to explore it a little more, but I think I have the tools to do it. It doesn't feel scary to me in the way that it used.

I feel like I'm so — I still feel like I know what I'm doing. You know what I mean? During the day, I know what I need to do to kind of get out of that rut and it's not like it's every night, but learning from it.

[0:54:11.1] AS: I think one of the things that once you really learn how to transform stress and overwhelm and you're not battling food is also this like, "Dude! I don't want to always be working

on this.” Like, “I’m holding it together. I have a new job.” The world is unraveling. Our democracy is unraveling. Maybe I don’t want to like worry about my night time eating. Who cares?”

[0:54:38.1] L: I remember the time where I was like half way through my day with almond butter. I’m like, “You know what? I’m having these and we’re just along for the ride, like we’re going to ride this out.” That’s how this is, and it’s not like, “Oh, I’m just going to keep stumping my face every night.” What I’m realizing, I’m like I don’t think the dinner I’m eating is balanced enough. I think I need to eat sooner. There are things that I need to adjust before I start really working hard on the other things. It is. It’s a matter of, “All right. Right now, I don’t have the energy to work on that. I’m doing all these other stuff.” That will come with time.

[0:55:10.5] AS: How does it feel to know that part of the night time eating has nothing to do with the food? Rather than thinking, “Oh my God! I have to find another plan or more food rules,” rather than, “I just need to spend some time getting clear on where my stressors and my overwhelm are.” Because I think you’ve moved so beyond thinking it’s about the food, and I think a lot of people, still, when they have this night time eating or whatnot, they’re still clinging to, “I need more rules with the food.”

[0:55:39.2] L: Yeah. It didn’t even occur to me that it would be like, “Oh, I just love Oreos.” You know what? This is crazy, because I do think like if I rewind like two years ago and this was happening, it would be like, “Oh my God! I’m off the diet. I’m a bad person. I can’t stick to this,” or “I had it together and now I don’t.”

In reality, I’m like, “It’s one thing of an entire day.” If you take like a week, it’s a couple of times over a course of seven days where it’s not really impacting my ability to do anything. Everything is going fine.” I just know I would feel better. I would love to, at some point, try to not have sugar, like go for some point try not have sugar. Go for some time without sugar. I’m like, “I’m not even at the point because I have this night time issue that I’m having.” It just feels a lot less stressful knowing that I have all the tools I need to figure this out. It’s just a matter of when I do want to apply the energy to get to the bottom of it. I know I can do it. That’s a different thing. It’s not like, “Oh, I have to gear up and do the whole 30 now, so I stopped doing this.” It’s just not that battle mode.

[0:56:45.3] AS: As you're saying that, it jogged my memory of my own kind of truce with food journey of like especially because I was building my business at the point where I wasn't emotionally eating and I was go through periods where they were really stressful and taking a lot of risks. I would eat sweets at night as well. Again, I didn't care about it.

Once that plateau, once I grew even more powerful, then I could always return to like, "Okay. Now, I'm not going to eat sugar." It was almost like you have to go through the stress. Again, it's measuring always what would I have done in the past. Not am I being perfect now, what would I have done in the past? You've definitely improved by leaps and bounds. Once you feel comfortable in your job, whatever, then you feel even more powerful from knowing how much emotional challenges you can handle. Then you can like up the no sugar game or something. It's an ebb and flow, and I think I really want listeners to understand, if you're on your journey and you feel like you're having a setback, it's compost. Learn from it. What's happening? Are you taking risks in your life? Are you doing things that are really stretching you? That's really healthy too? It doesn't always have to be food focus. The emotional piece of this and stretching ourselves is just as important.

[0:57:57.4] L: You used the analogy spiral staircase a lot. My original thought when I felt like I wasn't — I'm saying being perfect, because that's not even really what it is, but I was doing some of these things that I wish I wasn't doing. I felt that first, like, "Oh my gosh! I've gone a few steps down on the spiral staircase. That's all it is." I'm like, "No. In reality I'm a much higher place on the staircase." It's just the mix of how I want this to be is different right now. Like you said, taking chances, that's all part of this and I'm definitely at a different level. Sometimes I will go back down. I'm sure, but right now it's just something else I need to look at at some point.

[0:58:38.9] AS: Yeah. I also think though, again, you took this new job because it was a challenge, but it also aligns with your values, and I think that can't be more aligns with your values. Not that your last one didn't, but it's as we get healthier and healthier and food becomes less of a focus, we want more fulfillment elsewhere. I think that's ultimately what I want people to realize is it's not just stress management. It's not just tolerating stress. It's, "I want more fulfilling things in my life, and I can make them happen and I have the power to do that." Oddly enough, the thing that we battle the most can be the doorway into giving us that path of more

rewarding and the food is just data that's something emotionally is challenging you. That's all it is.

[0:59:24.5] L: Right. Yeah. I totally agree.

[0:59:27.7] AS: Cool! Any parting words? Right now you're just getting the job stabilized [inaudible 0:59:33.9]. You're going to get sushi on demand. Do they have sushi on demand yet that comes out of your 3D TV?

[0:59:44.0] L: That's what I need. Maybe I should invent that. I don't have to right now. That's nuts. That's what's next.

[0:59:51.6] AS: Yeah. Anything in parting, I guess, that you want to share or that — Oh! I know. What I wanted to ask you is how — Oh! We forgot to talk about how you're not a foodie anymore. Maybe that is like kind of the parting piece of like how do you view food now in relation to stress and overwhelm? How did you do it before we started working together almost — Well, it was like a year and a half ago, versus now, and kind of some of the things you think have been the most surprising to you, because I think a lot of us normalize how much stress and overwhelm there is and we think, "Oh, that's just how life is." if you can maybe speak to that how you see things differently. I don't know. That was kind of like not a clear question at all.

[1:00:37.4] L: It's weird, because as you said I was like, "Yes, all of that," but I don't have any of the answers. Yeah. I guess I would say that the hard part was I feel like in some ways I look back along the journey that I've had. Yeah, it's been like a year and a half. I've kind of been in your realm about two years because I was doing like cravings and some other stuff.

In the past year and a half, especially, I just feel like parts of the prior identity that I have have kind of been stripped away. I used to be someone like — I was known for someone who loved wine. I was like, "I love wine." I even noticed I make — There's a bottle of wine in the fridge at work last week. I don't know why. It was random. I was like, "Who's wine is that?" Then this today I went in and I was like, "Who drank the wine?" as a joke. In the past it would have been my thing. I love wine. That's just who I am and it was — Then like a year ago I stopped drinking

wine and I'm like I am still — I think that was the main thing. A lot of my friends were like, "How are we going to do happy hour anymore?"

We had a few and I remember my old boss was like, "You are just as fun sober as you are drunk." I'm like, "Yeah. Actually, I have more fun." Like it's more fun for me too, because I remember everything that I'm saying, I don't wake up hang over. That's different. I also was this foodie. I was known to know all the best restaurants in Philly and I loved going out to eat. I loved cooking and I would take pictures and put it on — I don't have Instagram. I'm so behind, but it'd be on my Facebook of all the food prep I was doing and my beautiful bounty of fresh vegetables and stuff.

I still appreciate fresh vegetable and home cooked food, but it just feels like it's something different now. I kind of miss being like I'm a foodie, but in reality I just feel like that's so much work. I don't have time for kind of thinking about all that. Even going out to eat, my husband — It used to be this huge thing, like, "Where should we go?" It was a matter of does it fit in with whatever diet I'm doing, or does it have something I'm really in the mood for?" Now, I'm like, "You choose?" I'll find what I want. It's cool. It's all cool. Whatever you want to do, and I'll find something on the menu. It feels like I'm a different person in that way because those were such a battle — Especially, the going out to dinner. It was like, "Oh, they don't have — I can't get my dressing on the side," or whatever. It wasn't that, but where I was like — I don't know.

It's just weird, because I am a different person but I love — I don't think I'm a different person. I think I've discovered like kind of who was underneath the layers of I'm a wine connoisseur. I'm a foodie. I need to go to certain types of restaurants or whatever. I feel like now it's kind of like purely me and I'm able — Without all that extra baggage, I'm able to do what I want to do, and that's pretty exciting.

[1:03:36.4] AS: That's such a great way to describe it, because what we do know about change is for it to be lasting. You have to have an identity shift. You have to really see yourself differently to see, "Oh my God! I'm not —" Yeah, maybe I used to be a wine person, but now I'm like a risk taker. These new identities, you're still forming them, and so it explains that night time eating until that new identity is solid. Yeah, I think that's a great way to end here, is that when you start

to really deal with your emotions and overwhelm and create more rewarding outcomes, you'll become who you really are.

[1:04:18.0] L: Yeah.

[1:04:19.6] AS: Yeah. Thank you for that. I think that's a great way of ending.

[1:04:24.8] L: Yeah. Okay. Let's do it.

[1:04:28.1] AS: All right. Thank you so much, Linda, for coming on this show. I'm so excited for you. We've worked — Yeah, you're right. Kind of two years, what really — It's been a year and a half of kind of fine tuning the tools, and I think it's really inspiring for people to know what's possible. Again, I want to have my client's on here, because I feel like this is the third option. There's like diet culture. There's just ignore everything and put your head in the sand. Then there's the third option where you can just go to the heart of the battle, see what it's really about and come out not even a warrior. We're just like much more softer and powerful and we can vulnerable but also we feel more powerful because of that. Thank you for coming on the show.

[1:05:12.2] L: Thank you for the work that you, seriously. I hope that by being here I can help other people who are maybe like not sure if the program is for them, help them realize kind of some of the things that they can discover. It's all thanks to this work that you're doing and sharing. Thank you.

[1:05:32.0] AS: Thank you. I really feel like it's a collaboration, right?

[1:05:35.0] L: Yeah. What did you say? You help me find my unicorn or your unicorn helped me —

[1:05:40.7] AS: Yeah. You said that I helped you find your unicorn. I was like, "No. You were just always a magical unicorn and I just reminded you that."

[1:05:54.4] L: Awesome.

[1:05:55.8] AS: Thanks, Linda. Insatiable listeners, if you really liked this episode and it helped you and you know someone else it could help, could you please pass it along? Again, remember those iTunes review if the show has helped you. It will really help the show, help me, and appreciate it. Have a good day.

[END OF INTERVIEW]

[1:06:16.9] AS: Have questions or reactions about the episode? Reach out to me on Instagram and Twitter @alimshapiro, or Facebook at facebook.com/alimarieshapiro. If you love this show, please leave an iTunes review and tell one friend this week about how to get the Insatiable Podcast on their phone.

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