

Eating Triggers:

Transform self-help into self-trust

Insatiable Season 5 Episode 6

[INTRO]

[0:00:08.9] AS: When you're fed up with fighting food and your body, join us here. I'm Ali Shapiro, creator of the Truce with Food[®] Program and your host for Insatiable; where we explore the hidden aspects of fighting our food, our weight and our bodies and dive deep into efficient science and true whole health.

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

[INTRODUCTION]

[0:00:47.5] AS: Welcome everybody to season 5 of Insatiable. This season, **our theme is eating triggers**, namely triggers for the on/off eating cycle. What we're going to be getting talking about especially in this episode all is really focusing on clarity. The reason that clarity is so important as a tool and a process is because it really helps you get to the root cause of what's happening, right? This podcast have you've been listening for a long time, you know that we're about the root cause. When we're eating well, it's not just because of the food. We're getting clearer on the reasons that we don't eat well. We're going into the root cause which is why clarity is so important.

Also, logic doesn't change us. I have been using the example of everyone around me has had dogs and love dogs and I was always like, "No, I don't want a dog." It took me

having personal experience and understanding my own patterns and triggers to now love my dog Coffee and be his biggest fan, or maybe Carlos would say he is. I don't know. It doesn't matter. Moving on.

Lastly, clarity equals distance. If you've ever been able to look back on something in your life and feel like you work through it, or that it doesn't trigger you in the same way, it's because you have distance, and clarity gives us that as well. That's what we're going to focus on again in today's episode.

No matter how well we're doing with our goals, life happens. It's in those times of uncertainty that many of us turn to self-help experts, or books to tell us how to overcome our urges, or what we think of as self-sabotage. Often though, we end up stuck even more, paralyzed by like mantras be positive, or feel your feelings, because we don't know how to actually do that.

On today's episode of Insatiable, *Eating Triggers: Transform self-help into self-trust*, One of my clients, Eva, is stopping by to share her Truce with Food story and how she learned that she doesn't need anyone else to tell her what to do, or who to be. This is a great liberation story.

Before we get started, Eva Schafroth is a yoga teacher working in the corporate world and currently studying to become a holistic wellness coach. Thank you, Eva for being here with Juliet and I.

[0:03:03.6] ES: Thanks for having me.

[0:03:05.4] AS: Yeah. Let's start, what led you to – how you found Truce with Food and my work and where you were in your life at the time, about I guess it was eight months ago now, right? Or six months?

[0:03:17.3] ES: Yeah. I think it's been a lot earlier. I listened to Insatiable for a long time before I actually contacted you.

[0:03:24.4] AS: Most people do, which is good. You're taking it all in.

[0:03:27.9] ES: Yeah, exactly. Yeah, let's start at the beginning, I guess. It was probably about two years ago that I actually found you. That was at a time where I had what I would call my dream job now. I was really in flow, I was building – it was a tiny business that I was building from scratch and I poured my heart and soul into it really. At that point, I was also eating really well and exercising everyday and started yoga teacher training and everything was awesome.

Then things happened and things turned around. That job was a big risk that I had taken on, because it was a tiny business and I saw it as an opportunity to run a business myself. Then a year later, we came to the point where I had to go part-time and that didn't work, because I was about to take out a mortgage. Then I had to look for something new and I found something new and that was the perfect job again on papers at the right title and the right company. Everything was amazing on paper, but then sitting in there I didn't fit into the culture and that didn't work out either.

Then I found a job in time to close the deal with the mortgage and everything was fine, I was back to doing what I'm good at, back in the corporate world. Yeah, everything looked fine on the outside, but on the inside it wasn't so much fine, which brings me to that whole self-help thing. Because yeah, I'd spend a lot of time just like – I was always reading a self-help book, listening to all the podcasts and doing all the things, but at that point, it didn't help me anymore. I guess, we'll come back to that part.

What made me a bit angry at that time was that I heard yeah, just go for it and you have to take risks and you have to push yourself outside your comfort zone. The worst

thing that can happen is that you end up exactly where you were before. That happened, but I wasn't just where I were before. I was actually depressed where I were before. I actually had panic attacks at work as well. Yeah, it was a hard time.

Then the other thing, so then, I started Truce with Food and came at it more from that self-help angle, because I'd spent so much time looking for this flow and for this purpose and to do meaningful work. It sounded Truce with Food would give me that and I wasn't too worried about the food piece, but where the food piece comes in is that in that whole time, this all happened in the span of a year, I also found Dr. Terry Walls.

Basically, what she did was she reversed her MS by changing her diet. That really hit home for me, because my mom is a mess and I had grown up with that whole notion of we can't do anything about it. We just have to accept it and live with it. That turned my whole world upside down. Then yeah, I listen to Insatiable, she was on the podcast, I kept listening.

Yeah, so I had found this purpose in the sense that I needed to figure out how to change my diet. When I was in that job that was amazing, it was easy for me to eat according to her protocol. When I sent it to my mom, she was not really willing to try it and I couldn't quite understand why. Then when I was back in corporate, I understood because it didn't work for me anymore either. Then yeah, mind blown about that. How [inaudible 0:07:17.5].

[0:07:19.8] AS: Well, I love that you're sharing this because I think so many people can relate to okay, if everything's working perfectly, I can do this food thing, but then the minute one of the pieces falls out, it's like we fall off, right? What's that about? I think as I hear your story, I think of my former self, and I don't know if you feel this Juliet as well, trying to do everything "right" with the self-help and the personal development and

going for it and then it being like, "It must be me, because this is just not working out." To have three job changes within a year is like, that's really stressful.

[0:07:59.5] ES: Yes.

[0:08:00.7] JB: Yeah, I remember when I moved to New York City and had my dream job, but and I had had my diet in such a good place, was feeling the strongest I had ever felt and just the most regimented, but with ease. It wasn't like I was regimented in a way to control anything. It just was happening because everything was in place. Then when I moved to New York and there was just more chaos and more responsibility, I found that nutrition plan couldn't work anymore, wouldn't work anymore and it started to just – I started to just lose it all. It was hard to understand why is this happening. That's actually when I met Ali was after that whole thing. I had a similar experience in that with a job change and it affecting my health and that being the turning point for me of like, "All right, I need to think about the underlying causes behind the or eating, or not eating what I know I should be eating."

[0:09:04.8] AS: I just want to give all three of us credit, because we've all gone through this cycle and anyone listening who's still willing to hang on, right? Even if you're getting your ass kicked. Like, can we give ourselves some credit?

[0:09:21.2] JB: What were some of the side effects that you were feeling from being in this corporate environment and what made you realize that aside from the panic attacks, but as far as food goes, what did you notice with yourself that you were doing differently than when you had had your own business?

[0:09:40.4] ES: Yeah. I think the main thing was just that I was constantly snacking all day at work. It was be the excuse to leave my desk and go to the kitchen and walk around. Yeah, so constantly snacking all day. I didn't really have nighttime eating, or binging too much, but just I constantly had to had something in my hand that I would

need to snack on. Yeah, and then I tried making that more healthy things, like eating carrots and celery and all that stuff.

I did end up always coming back to the Tim Tams here in Australia. Australian biscuit, like a chocolate-covered biscuit and we had them in the fridge and I would go to the fridge and have one, probably five times a day, and that was way too much.

[0:10:32.5] AS: I love hearing the names of other country's snacks, because we've normalized peanut M&Ms, or Snickers, but when you hear Tim Tams, it just sound so innocent and funny, like friendly. What I love that you're describing Eva and we talk about this a lot in Truce with Food and is that when we're often feeling restricted, or "unmotivated" in your case, continue with the Walls protocol, again we look to the food rather than thinking how am I emotionally feeling restricted. How am I avoiding speaking up, or how am I really getting in touch with what's important for me, rather than feeling I have to compete or whatnot?

I think people really take the sense of restriction around food at face value. Again, that it's really that I just want all of this food when to your point when the job was working really well, it was easy to find the energy to do Dr. Walls' protocol, or just eat well and not snack. I just want to emphasize that as part of your story that other people can learn from.

[0:11:35.8] ES: Just adding to that, the other thing was just that I also – I had done my yoga teacher training and wanted to do that and wanted to help people figure this out as well, but then I didn't see how I could do that in my job back then. Whereas now, I'm actually doing it.

[0:11:53.8] AS: Well, and let's talk about that a little bit, because again, part of what the problem with self-help is is that everything is so black and white, or all nothing, which is the very same mindset that we need to get out of. I don't think people think of it that

way, right? Go big, or go home, right? Or I think my least favorite one is it's either a hell yes, or a hell no.

Actually, she was on the podcast, Randy Buckley says, sometimes if it's well, I'm not sure. You might just be a thoughtful discerning person and not that other people aren't, but we've seen these means and then we don't really know how to have the skills and steps to be slow but steady, I guess I would say and sustainable. Can you talk a little bit about how even yoga teacher training knocked you off your game a little bit and then how you came to embrace the growth mindset that we talk about, that you've actually embodied it and been able to see more opportunities through the Truce with Food tools?

[0:12:53.5] ES: Yeah. I guess, I think everything has its time in place, but how it happened for me everything was at the wrong time and place.

[0:13:03.7] AS: Welcome to the club. The competitor makes us rush, right?

[0:13:09.8] ES: Yeah. I have this resistance to now when I listen to podcasts of motivational speakers and they say, you have to do this and you have to take the risk and you just have to get over yourself. It makes my hair stand up now. When I was trying to look at the positive side, I had a job again, I could pay my bills. I was heartbroken about having lost two jobs that I really loved. I kept telling myself to just get over it and that just didn't work.

Then on the other hand with from the yoga world, I would hear the other side of you just have to feel your feelings. I just didn't know how to do that. I could hear all the advice, but it all didn't mean anything. I couldn't put it into practice. Whereas, now I feel I can. The other thing with yoga teacher training was that we did a lot of work on that we all have an inner critic and we did a lot of work to be able to hear that inner critic, but with all the circumstances that went on for me. That was just – I got to this

amplified voice of an inner critic inside me. You lost these jobs because you're not good enough, you didn't perform. I was trapped in that and I couldn't get out of it. I couldn't turn it around. I couldn't turn it into a nice voice in my head. Yeah, and Truce with Food completely turned it.

[0:14:40.5] AS: Yeah, I want to talk about that feel your feelings and the inner critic, because I know that was really pretty helpful for you was seeing the inner critic as an inner protector. Then actually being able to feel your feelings, but also be objective about them. Can you can you talk a little bit about how that's been super helpful of actually not just getting over your feelings, or moving on, but exploring the uncomfortable feelings. Can you speak to that?

[0:15:10.0] ES: Yeah. Knowing what to do. The things that we worked on was identifying what your triggers are. Then once we worked on starting to see when you are triggered, but then being able to lean into that. Listening to music that would help process that feeling, or reaching out to someone and talking to someone, I didn't do either. What else? Those are the ones that work well for me now.

Meditation, you sent us a Kundalini meditation that worked really well for me as well; these tactics and coping mechanisms to work through it. Then afterwards, you get that perspective of okay, I can now see what's happening and switch into that growth mindset of what can I learn from this? How do I need to deal with this in the future? What do I need to do to work through this feeling, whatever has come up?

[0:16:20.0] AS: Yeah. I'm glad you said that, because I don't know if either of you have seen this, this meme is going around in self-help worlds where it's like, whatever you think about me is none of my business. I don't like that, because sometimes our inner protector is actually causing the reactions, or sometimes we're seeing it incorrectly. That's not to say that people, other people's feedback, or whatnot, or judgment is fair, or accurate, or is true. It's just saying that it's again –

[0:16:49.7] JB: It's like shutting everybody out. It's not a give and take situation. It's just like, I'm over here and I'm separated from you and I'm impervious to you.

[0:17:05.0] AS: Yeah. It's putting up this boundary, similar to what Eva was saying I was like, "Okay, just move on with it." Or like, "Okay, you're going to be back in the same place." It's like no, then you have all this baggage of feeling you failed, or that you're even more lost. I know that's happened to me several times. Rather than looking at it from a growth mindset. I mean, that's ultimately what we're doing in Truce with Food is what can I learn about the situation? Eva, what did you learn a lot about the feelings that it doesn't mean about uncomfortable feelings? Like what have you learned about the value of them, I guess?

[0:17:40.2] ES: I guess, the biggest thing for me was just that there's a reason why they are there. It's not like, the more you fight them, the more they're going to come up. It's more you have to have a conversation with and be like, "Why is this happening?" I guess, what I also learned was just identifying what my actual core fears are and then being able to work with them, and where they actually come from. Looking at your story way back and seeing where all these feelings originated and why they come up now in certain situations. Yeah, that was my glowing to me in Truce with Food, turned my world around as well.

[0:18:26.0] JB: I think that's so huge. It's not black and white. It's not like you have those feelings and then they just dissipate and go away. You can learn to work with them. I don't even necessarily want to say through them. Just work around them, work with them, because some of those core feelings that you've had since you're a little kid, they will follow you. They could follow you till the day you die and it's not a bad thing. It's just something that you have to understand and work with. It's not about getting rid of it.

[0:18:59.7] AS: Yeah. I think also, one thing I wanted to make sure that I brought up in this episode was in Truce with Food, some of how we start to look at things objectively about what's ours, versus what's other people's reactions is what data are we getting back about the person who said this, right? Because often, when we're having this maelstrom of negative feelings, we hear things very differently, right?

I always use the example of Carlos editing my work. It's like all I heard was like, "You're a horrible writer." He's like, "No, do you want to get better? Do you want me to tell you what you want to hear, right?" The fact that he was even helping me, meant that he thought I had potential, right? You hear these things very differently. When I think about a lot of self-help, it comes from white privileged dudes, right? Or even if it's coming from women, we're still in this hierarchical masculine being. I'll give you this example of Deepak Chopra. I know everybody loves Deepak Chopra. He wrote a book on emotional eating.

It was about your story. He takes a very different approach than I do. He was talking about if you just have to stay late at work, you just have to put boundaries up. Let's take a step back, Deepak Chopra, right, is a male, right? He's at the top of the food chain, he's a doctor, even more at the top of the food chain. If Deepak Chopra says, "I'm going to leave work," no one's going to say something. The research that we have is like, if women say they need to leave work early, especially if it's for their children, they're thought of as high maintenance, they're thought of as unreliable. Meanwhile, if a dude says, "I'm leaving for my kids," they're thought of as the greatest soccer dad ever.

I just share that example as a lot of times we're getting self-help from people who are in privileged positions, where it really just is about them getting over themselves. Do you know what I mean? The rest of us who have bills to pay, or we have things that we have to manage, it becomes a little bit more complex and nuanced. I think that's a big piece that Eva, as you were saying you had to have a job. You were signing for a

mortgage, right, with your now fiancée, I'm assuming. It was like, okay, I can't just quit this job because it's horrible. It's like, no I have real responsibilities here that I have to take into context.

[0:21:16.6] ES: Yeah, privilege is such a big thing. That was eye-opening for me as well when I think you said that on a podcast, or I don't remember, but you said how most entrepreneurs actually have family money and I was like, "Yes. Oh, my God." That's why I can't just say I'm going to quit my job today and start my business tomorrow, because it just doesn't work that way for a lot of people.

[0:21:41.8] JB: There are people that do that, that aren't privileged, that you'll hear their stories and, "Oh, I was practically homeless for two years building my business up and I lived on my friends' couches." That doesn't make them a hero necessarily. I mean, that's a choice that they had, but I just want to be clear for other people that myself including, I don't want to be living on people's couches. I want to be an entrepreneur and I want to do it in a more calculated, not as high-risk way, because I don't want the risk of not having food on the table, or a roof over my head.

[0:22:24.2] AS: Yeah. I forget, someone was saying, but I think often how entrepreneurial story is get played out, like Jeff Bezos story. They make it seem he was in a dorm room, or even Mark Zuckerberg. Yeah, he was at Harvard, right? You even look at, read Malcolm Gladwell's book *Blink* and he talks about Bill Gates. He happened to be – he came from a really privileged family, he had all this time to study code, right? Then you go to college and it's so much about your network.

It's okay, but I think we often live in the self-development world. You need that dramatic arc, right? From a narrative structure it's like, okay we watch movies because of the emotional tension, right? I think, sometimes we beat them up or not. Then when we look at ourselves and say, "Why can't I do that?" Yeah, this isn't to say like, "Oh, these people are better." I'm not trying to say they're better or worse, it's just we all

have to take into account our own history and where we are. I think to what Eva, I would love for you to talk about this is once you learn the skill sets of how to manage your emotions and how you're seeing the world, you can then move forward in a very productive and skilled way, because living a life of meaning and purpose does not just happen. Can you talk a little bit about that nuance that you found Eva?

[0:23:48.1] ES: Yeah. I think, I didn't mean to say that all entrepreneurs are privileged.

[0:23:52.7] AS: I know, I know. I think we were saying that to cover all our butts.

[0:23:56.6] ES: Yeah, yeah. It's more the advice you hear comes from this privileged perspective of just do it, but there's more to it than just doing it. That kept me stocked that advice of you need to all-or-nothing. I felt I needed to quit my job to go into yoga teaching full-time to make this happen. Whereas, now I can see that I can actually work with another piece of advice that you hear all the time is do what you can with what you have, but I didn't know how I could do that.

Now what I've come to since working with you Ali, is I started to teach yoga at work and I started to study part-time while I'm working. I'm starting to do wellness talks at work. I'm making it work where I am and I'm getting so much support from people. My company supports me so much on this path and it's not seen as taking away from my work, but actually enriching the office that I work in and making an impact on the company I work in actually, and that feels amazing.

[0:25:08.4] AS: Yeah. That's kudos to you, because I mean, this is what I'm talking about developing the skills. You put the proposal together, you learned how to talk, you learned how to find in Truce with Food were the collaboration. Where's the win-win? When we're especially in that avoider pattern and we tend to think in all or nothing and build things up and we think there's a conflict, but you took the time to learn your own emotional response and what was important to you and match that with what the company is. That is self-trust, right? I'm going to take these chances. I'm

going to get clear on this. I think that's important for people to learn is that there are skills here that can be built. It doesn't just happen, right? You did the work to make that happen.

[0:25:49.5] ES: Yeah. I feel now, I can – I never would have ever before in a job approached my boss to be like, “Hey, I’m studying this outside of work. Can I talk about it at work?” That never would have crossed my mind before. Now I’m like, “Okay, that’s what I want to do and I can package this in a way that works for them as well and move forward on this path that I’m on in little steps, and every little steps going to add up in the end rather than having to black and white, do all or nothing, in an all-or-nothing way.”

[0:26:26.3] AS: Yeah. One thing that I think was a big revelation for you in Truce with Food was that we don't have one purpose, right? Again, all or nothing in this self-development world, I'm sure Juliet you know how people are like, you have one passion and you follow your passion. When really when we look at the growth mindset research, you really develop a passion for what you're doing over time. I don't know Juliet, if you can speak to this, but I know for me my passion for adult learning and getting people to be independent thinkers grew over time.

I was trying to figure out a food problem, because I had the problem and emotional health is important, but it took years of sticking with something when the passion wore off, right? Which passion is often could be our wounds, or whatnot, but it takes a while to really develop the skills. That's where you need persistence and it just takes a while I think really to find what your purpose is. However, you can have purposes every day. Me being a good pet parent is my purpose, right? Me being, like helping my sister out right now with her wedding is really meaningful to me.

I don't think it – I think sometimes again in that all-or-nothing, black and white way, if we tell ourselves we only have one purpose, God, that puts so much pressure on it. Including to make money from it. Sometimes you're just not going to.

[0:27:44.0] ES: Yeah, totally. I feel it just broadened my view of what my purpose is. When I came out of yoga teacher training, my purpose was this very narrow statement of I need to help people, it's not that narrow, but help people live a healthier life. Then now, I feel it's broadened into just helping people in general. If I can teach people at work about what I do at work and that helps them, that gives me purpose. Or even if I help my niece, I don't know, ride a bike, that gives me purpose, because I'm helping someone.

You can find purpose in so many different ways. I looked at the Japanese, that Ikigai diagram the other day, how it should be this overlap of what you love, what you're good at, what you can get paid for and what the world needs. I feel like you can do all these things separately. It doesn't have to be this one thing in the middle that does all of these things. What the world needs might be that you need to raise a child and what you love might be teaching yoga and what you get paid for might be another something else that you're good at at work, and it can all come together as separate parts, right?

[0:29:05.4] JB: Yeah. You have to be okay with things transforming and not being so fixated on what the original plan was and your original dream and purpose. Not feeling guilty or down on yourself if you realize that that isn't going to work for you.

[0:29:23.8] AS: Or and I think too when you start to develop self-trust and like I can hear it in Eva is you start to have patience, right? You're like, "Okay when I trust myself, there isn't a –" and part of transforming the all-or-nothing mindset is also a scarcity mindset of transforming like, "Well, there's only so many people who can do this, or that. Or am I behind because there's –" when we're competing especially, we have that scarcity mindset. There's the patience to actually pay attention to what's in front of you and learn, so that you can get to the next step, versus just thinking you're going to skyrocket in some way that hey, we would all love to do, right, but then you don't have the skills that you needed to learn.

[0:30:02.8] ES: Yeah. It's little, little steps every single day.

[0:30:07.7] AS: Eva, one of the things that I love because in Truce with Food, we have a thread where people just post articles and everything. I loved how you were starting to be able to see the black and white mindset everywhere in self-help. Once you see it, you can't unsee it, which is like oh, my God. Your information source is change – like everything changes. Can you think off the top of your head any other examples of how you're like, "Oh, my God. This is such black-and-white thinking, and we need more nuance and context."

[0:30:36.6] ES: Personality tests are such a big one. It's like, "Oh, my God." I used to do them all. My brain and the Enneagram. All of them – yeah, there's so many. Now I can see how they actually – you are not one, the ITF and type, you are changing and evolving person. That doesn't define who you are as a person. If you take a test and it tells you that you are the questioner, or the, I don't know, whatever you are.

I actually took – I used to take them all. After Truce with Food, I took some of them again and I had a completely different results. Then proved to me I'm not one fixed person like a personality test tells me.

[0:31:28.1] AS: I think that's a great example of we always say if you think of yourself as a plant, right? It's like, what environment are you in? Especially, I think in personal development no one looks at what would they would call in-depth psychology the shadow, or uncomfortable feelings, right? We're only looking at our strengths, or the parts of ourselves that we love to affirm, versus saying like, "Ah, what about the area I'm not so strong in, which is dealing with discomfort, because I'm not taught this, right? Then I don't learn to deal with it, and then it can get worse over time if I don't nip it in the bud." Really understanding ourselves from that contextual place is so liberating, don't you think? It's great that we evolved over time, versus –

[0:32:12.6] ES: Yeah. It's helpful to get to know yourself when you are getting started in that, but I had spent so many years doing all the personality tests that I didn't even know what to believe anymore who I am. Now I'm at a point where I can see –

[0:32:29.7] JB: You're multi-dimensional.

[0:32:32.1] ES: Yeah. To know who I am, or what's the truth, rather than trying to listen to someone else telling me what the truth is.

[0:32:42.4] JB: Yeah. I think when you put such a hard label on yourself, like I'm introverted in this way, but I'm extroverted in that way. Then it can guide you to making decisions just based off of that and not really based on your intuitive knowing of who you are. It's all external knowing of who you are. This is what this thing told me I am, so I need to go with that.

[0:33:06.0] AS: Yeah. I was doing another podcast actually last night, they were interviewing me and I was talking about the difference between safety and freedom. I think we all really crave freedom. I loved how Eva said well, I have to figure out what's true, because true is freedom. I described the difference of perceived safety really is okay, I'm extroverted here, introverted here, or I'm an upholder, I'm an abstainer, or I'm a this or that. It makes us feel safe in a way, because like, oh, this is – then this is the template for how to act.

Freedom is really choice, right? Freedom is different in each moment, right? If you didn't get any sleep the night before, you may not want to go to a party, versus being like, "But I'm an extrovert and it's going to make me so happy to go." Maybe not. True freedom is knowing yourself and your patterns and your triggers, and then being able to choose and have the flexibility to choose, right? Rather than being so rigid of well, this is my destiny.

[0:34:02.9] ES: Yeah. I think the other one – I have another example there, like while I was doing Truce with Food Ali, remember how I applied for another job. Looking back now, I was so needy wanting them to hire me. Now I can see the perspective and be like, “Is this actually – would this actually have been the right choice for me? Would this have worked for me?” Then there were so many things that didn't work in that particular case. Then yeah, like flipping perspective from I want them to hire me, to do I actually really want to work there?

[0:34:38.9] JB: Your esteem to make yourself feel good about yourself if they hire you. It's not necessarily if this is even the right thing for me, but it's just the feeling like okay, I'm good enough. They want me.

[0:34:52.9] ES: Yeah. Just being like, well this is who I am. If you want me, I'm happy to work for you. If we're not a fit for each other, then there isn't really a point of doing this. Exactly.

[0:35:06.0] AS: Yeah. I'm so glad you brought that up Eva, because I replayed a podcast episode I did before about the adult development continuing that that we go through in Truce with Food and how we're becoming. We call it the boss mindset, or self-authoring. Often, why we are in these black and white like, please hire me, is because we're in this socialized mindset and we're only evaluating if we've been chosen, or if we haven't been rejected, or if someone likes us. Rather than doing the work to figure out what do I value? What do I want? What do I need?

For you to say right fit, I love that that word because it's not implying that anything is right or wrong, right? We don't want to get back into the black and white mindset, but is this the right fit? I mean, that is such a different question, than did they like me? Was I good enough? It's more about the right fit. Then that develops self-trust, because you don't take everything so personally. It doesn't mean that they missed off on a great opportunity. It just might have meant that you had different skills, right? Because if we

make the other people bad, or be a situation bad, then we're still setting up the binary that we all need to get out of. Is that clear, or did I just make it more complicated?

[0:36:15.6] JB: No, no, no. That's a 100% clear. I've been thinking about that a lot lately in opportunities, in my life. Or not even opportunities, but people and friendships and relationships and people come and go, and maybe it's just not the right fit at different times. It doesn't mean you don't have to fight that.

[0:36:36.5] AS: Yeah. As both of you are talking, I'm thinking about we try to put such a fixed mindset on the body and who we are. As Eva was saying, you're ever evolving and growing, the body's dynamic, nature's dynamic, it's always evolving and changing, and we can either get on the program of what's true, where we can spend our whole lives fighting it, right?

[0:37:00.3] JB: Yeah. I think about that with my fitness regimen. Lately, I haven't been feeling I want to lift weights. For so long, I just – lifting weights is something that has always just filled me and has been part of my identity and what people know me as someone who is really big into strength training, but my body lately has just been talking to me and telling me that I just want Pilates and I just want to go running, and that's it.

There's nothing wrong with that. If I look at it like an observer, it's just okay, well I'm still being healthy and active and moving my body. It just doesn't necessarily need to be in this one way that I had defined myself as.

[0:37:44.0] AS: Yeah, because we're also hitting fall. Eva is coming into spring in Australia, but in the fall I want to start doing more cardio and everything, because I'm not as overheated from the heat in the summer. I bet you're getting more in sync with the seasons, it sounds like.

[0:37:59.8] ES: Yeah. I have the same thing. I used to – when I worked out, I used to need this routine of doing the same thing every day to be able to make it a habit and keep doing it. These days, it's more intuitively listening to what I actually feel like moving every day. Then that turns the whole regimen around with what actually feels right for me today. It might be running today and it might be stretching tomorrow, but it's going to be different every day of what your body tells you. Rather than having to do something, like I make plans of what I want to do and then I change them last minute because of how I'm feeling in that moment.

[0:38:42.3] AS: I love that. I have so many clients who are like, “I used to be the biggest planner,” and it's not that they're completely disorganized anymore, but they trust that intuition and they trust themselves to still prioritize what they want to get done, but it just doesn't have to be so rigid, because they trust themselves to do things naturally, rather than having to have a plan.

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[INTERVIEW CONTINUED]

[0:39:47.4] AS: Eva, what are some of the questions that help you tap into that self-trust? You said, “I've stopped being so needy and chasing people and jobs.” You know

you have a choice now. What questions help you step into that boss mindset, or that more aligned, right fit mindset?

[0:40:06.1] ES: Well, I guess I might ask myself what do I want out of this situation. If I'm going to catch up with someone, I'm starting to think about how I want to frame the situation, so which place do I want to go to, which time works for me, how much time do I actually want to spend with this person? I set the framework that I want things to happen, rather than being like, "Oh, we're going to meet. What time works?" Trying to make it work for them. Whereas now, I'm more like, okay what works for – I'm getting really clear on what I want to do, before I make a suggestion of what we should do. Rather than trying to think, "Oh, this person likes that place and we should go there." I'm putting myself first, if that make sense, and that actually makes it a lot easier because a lot of other people are often not that clear on what they want to do.

[0:41:05.4] AS: Well yeah. I think, even you're prioritizing the win-win. I find people love when you take leadership like that, right? It's like, "Oh, I wanted to get together." Now that you you've set it up like, "Oh, let's meet here at this time." It's like, "Sure, I can do it."

[0:41:19.8] ES: Yeah, yeah. It makes it so much easier. If I can say I want to meet at this time, at this place and they just have to say yes, then that works great and I get exactly what I want to do. For example, if I go to a family gathering and I find it to be such a drag and I don't want to go, then I can ask myself what can I do to make it more fun for everyone? Bring along a game I want to play with the kids that are there, or a movie I want to suggest watching. Just taking things into your own hands, rather than letting life happen to you, if that makes sense.

[0:42:00.3] AS: No, it totally does. I think self-help often, that's the goal, but there's no how, right? Because the irony is this is where you have to look at the design of things. If you learn something by learning, or reading versus experimenting, especially as adults, it sits in differently. Self-help is oddly prescriptive, even though it's trying to

generate self-trust. Am I being clear? How can you learn to trust yourself when you're still getting formulas from someone else, I guess?

[0:42:31.7] ES: Yeah. You're applying for – yeah, what works for someone else, you're applying that to yourself expecting that it's going to work the same way for you and it just doesn't always work that way, I guess.

[0:42:42.9] JB: Yeah, and there's a lot of patience when it comes to this stuff and experimentation. We talk about that a lot. We live in such an instant gratification world that it's hard to say, "Okay, I have to just let this unfold over time and not want it to happen tomorrow, have all the answers to my life." You're never going to have all the answers to your life. You put things in the practice, like you said, going to a family gathering and all right, well I'll bring a game. It's like, well did that work? Did you have more fun? No. Okay, well try something else the next time. It's really life is just all about just trial and error. That's the fun of it really. I think that part – if you can embrace that and have fun with it. I liked this, I didn't like this. It's like, getting to know yourself over the years over time.

[0:43:35.9] AS: Yeah. I think though that takes a foundation of self-trust, because if not, the things that don't go so well you start making it about you. How do I do not even know what I want? What we talk about in Truce with Food, like say Eva had done that and didn't quite know how to filter – someone was like, "Who brings game to a family function?" The odd thing about this protector is that it makes things about us that aren't about us. You have to, I don't know, manage that. However, I agree with you. Once you get enough self-trust, it's super fun to experiment, because you're not taking things so personally, and you're not an overwhelm all the time, and you even think to ask these questions.

I think the biggest challenge is we don't know what we don't know. That only can come from self-trust, because then we start to know what questions work for us, or

what body cues work for us, right? That's a lot of what – mindset isn't just your thoughts. It's what am I sensing, what am I feeling, what's my intuition? We're often blocked from that, because a lot of self-help and self-development only focuses on mindset from a thought perspective.

[0:44:51.1] ES: Yeah. Even prescriptive as – I have this list of questions I ask myself, but it comes up now as well and it's different questions depending on the situation. It could also be is this mine, or is this there? Is this actually about me, or is this about the other person that's saying something?

[0:45:14.2] JB: Do you find that works and how do you – so how do you figure that out?

[0:45:18.5] ES: That's a good question.

[0:45:19.7] JB: Do you ask the person? Because I think that same thing. Is this me? Is this them? Ultimately, unless you talk to the person and find out then you can only assume that it's your story that you're creating.

[0:45:35.5] ES: Yeah. The other thing is that yeah, we create a lot of stories around what's happening when it's not actually true. If someone, I know you just get an off feeling from another person you're like, "Oh, she's upset with me for some reason." You make up this whole story in your mind, with instead, next time you see her you're like, "Oh, I had this feeling that you're upset about me. Is that true?" Then that person might say, "Oh, no. I just had a bad day at work." Then it becomes clear that, "Oh, my God. I made up this whole story about her being upset with me, when that's actually not the case at all."

[0:46:14.0] JB: I find that challenging at times, because people don't own up to how they're really feeling if they haven't done work on themselves, you know?

[0:46:21.7] ES: Yeah.

[0:46:24.6] JB: I did a lot of landmark. I don't know if you're familiar with it. It's a self-help transformative program that a lot of people will call it cults, or brainwashing.

[0:46:42.1] AS: I've heard of it, but I've never done it.

[0:46:43.8] JB: Yeah. I mean, it's these long weekend courses and they break – they don't break you down, but some of them are 12-plus hour days and they want – they get to the root of your story and how your story is driving all your decisions and all your thoughts and feelings and all that stuff about that what's the story and what's the actual reality. Sometimes, you'll never know with people. If you say, "Oh, were you upset with me?" That person is like, "No, I wasn't." Then in the end, maybe they were.

I just think that it's about at the end of the day, what we're talking about is how do you build enough trust in yourself to that regardless, you feel worthy, you feel strong, you feel okay that you wouldn't even maybe necessarily have to ask somebody, right?

[0:47:32.2] ES: If it was about something like I didn't eat the food that she gave me for example, then okay, we hope being upset about that, but it was my choice that I didn't –

[0:47:42.3] JB: Exactly.

[0:47:45.3] AS: It's also when we're getting into self-authoring, it's getting really clear on what you value and saying, and looking at each interaction is we say as a data point, not an endpoint. It's like, if I care about this friendship, is it important to me to have that level of intimacy, or if it's just a work relationship, what do I need to get from this relationship so that I'm effective here? Then it puts those transient emotions also in perspective, right? Because it's maybe that person is upset with me, or whatever, but is

that going to affect our relationship? Some people would have to talk about it. Some people are like, "Nope. As long as I'm clear that my – I'm meeting my objectives and she sees that, right?" It gets a little bit more when we think about how do we want this to end, it also means over, over time. Not just in the moment. I'll just put that plug in there.

[0:48:37.6] ES: Yeah, totally. The one instance of me not liking what she offered me, or something doesn't mean that we can't be friends anymore.

[0:48:46.0] AS: Yeah. Or as someone who's still has accommodating tendencies I'll be like, I hope you don't – I'm so thankful that you offered me this. It's so important. I've had such a great time. To just make sure people know that okay, just because I didn't have the food doesn't mean I didn't have a good time. Because for the hostess, they probably want to make sure people had a good time, right?

We talk a lot about in Truce with Food of asking the people ahead of time, like what's important to you about this? People will open up, because no one asks anyone. We laugh when you say Eva in Truce with Food, like how does anybody communicate effectively? Because everyone's protective parts are talking to each other.

[0:49:26.1] ES: Yeah, totally. Yeah. Navigating people is so tricky. It's the most unreliable thing.

[0:49:34.1] JB: That's actually funny you bring that up, because some friends of mine are putting together a birthday celebration for me. One of the things that they asked me was what matters to you in this? What will make this feel like a successful birthday celebration for you? I just thought, that was so insightful and not something that people ever ask each other. It's more or less like, I did this for you. I want you to enjoy it, and they put all the onus on them. Oh, if you create a party for someone, it becomes all about the person who created it and whether or not everyone had a good time, versus asking well, what's meaningful to you? How can I make this so that

you will enjoy yourself to the max? I thought that was like, I couldn't believe that those questions were asked. I was like, "This is amazing."

[0:50:25.4] AS: Didn't you soften just being asked that?

[0:50:28.5] JB: Yeah. I felt so – I said, also comforted that people actually cared enough to find out well, what is meaningful to me, because I might not like what each person and who's going to be their likes, but they want to make this celebration about me. It's like, what do I like?

[0:50:46.7] AS: Yeah. I swear, I could rename Truce with Food like leadership 101, because all leadership is self-leadership. Clients are amazed at how when they start opening up these communication channels, then the story really crumbles because you're getting the data and you're like, "Oh, my God." You also start to find out who your real friends are and who – or the type of friendships that are available, right? Because not everything can be super intimate and super close and all that stuff.

Yeah. People often give things that are more a reflection of them. I remember when I graduated from graduate school, my dad noticed that we didn't have a TV and he was like, he got me a TV for graduate school, and I was like, "Dad, I'd actually like the money because I have so many student loans." He was like, "No, you need a TV." I was like, "Okay, this gift was totally what my dad would have wanted, right?"

[0:51:36.5] JB: It made him feel good that you had that. Then that's another thing. It's like, okay my dad is happy.

[0:51:43.5] AS: Right. Well right. It's like okay, my dad has given me plenty in life. I will just take the TV, right? We still have it. I mean, like what? Five years later. That's just an example of – but people get really touched and it just opens up this level of relationship that I don't think we're used to having in our life. Then it encourages you to

do more and more and you get more and more clear on what you want, because what we often find your example, Juliet is like, "Oh, my God. Someone asked me what I want. Now I have to think about it." What do I want for this, right? We're we often not starting with the end in mind. We're often starting with that socialize, like I just want people to be happy.

[0:52:20.2] JB: Exactly. I want them to have a good time. I want everybody else to feel like they're enjoying themselves.

[0:52:25.4] AS: Yeah, yeah, yeah. Eva, thank you. This has been an amazingly thought-provoking conversation and such concrete examples. One thing I'm curious is how is the food going now? What do you see the big freedom? Because I knew liberation was really important to you and Truce with Food. Can you share, because even – sometimes you are still stuck in stories. We all are. How have you learned to have choice there and trust? How's the eating and how is life looking now?

[0:52:54.1] ES: Well, I guess I have just other coping mechanisms now. Instead of going to the kitchen getting a Tim Tam, I turn around and talk to my colleague. That's a very different thing and I didn't know before that that would help me get over whatever it was, for example. Yeah, I just developed other coping mechanisms, then necessarily it being the food. Just I developed this ability to listen to myself and knowing what I need a lot more and the whole thing about eating is now more individual. It needs to work for every single person and I'm still experimenting and working out what works for me, so I would, I don't know make a healthy dessert and see if it tastes good and if I can see myself eating it, or if not.

It's a lot of experimenting and testing what works, or what doesn't work and opening up more to other people. Yeah, and we got a lot of tools that work better than eating. Yeah, just listening to music, talking to other people. I can't think of more examples right now, or just asking myself those questions of oh, no. This meeting is coming up,

and then turning up to the meeting with okay, what can I contribute to this meeting? Rather than going in without a plan and being, or getting overwhelmed with what's happening.

[0:54:25.8] AS: I love it. I would love to end this episode with each of us saying our least favorite self-help mantra.

[0:54:33.7] JB: Oh, my gosh.

[0:54:38.5] AS: Does anybody want to start?

[0:54:41.0] JB: I don't know. There's so many. I haven't thought of one specific one.

[0:54:47.0] AS: Love and light?

[0:54:50.7] JB: What is that? Love and light?

[0:54:52.1] AS: Love and light. Only love and light.

[0:54:55.0] JB: Well, it's not – I guess, it's the ones where it's I am beautiful, I am confident, I am just making these blanket bold statements about yourself that it's supposed to seep in. I have amazing body, all that stuff. There's that video of that little girl on YouTube that went viral and she's doing that in the mirror? If you haven't seen it, I mean, with her it's genuine.

[0:55:22.1] AS: Was this a couple years ago?

[0:55:23.3] JB: Yeah, she's like three or four-years-old. She's like, "I am amazing. I am this." I believe her when she says it. The rest of us, I don't think that that – I just find that to be just such bullshit.

[0:55:38.8] AS: Or maybe it's like, I'm amazing, but not 24/7, right?

[0:55:42.6] JB: Yeah. I mean, it's nice to think positive thoughts about yourself and to not – again, that negative real is always going on. That's not true either. It's the idea to me that you can look at yourself in the mirror and say out loud like, "I'm beautiful. I'm beautiful. I'm beautiful." That's not going to all of a sudden transform you into walking out the door and being like, "I am a beautiful today. I feel so much better."

[0:56:07.7] AS: Yeah, and actually what's interesting, this study came out during a different round of Truce with Food and the results were mixed in my group, but they have done research and they found that those I am beautiful statements actually make most people feel worse, because they feel they're faking it.

[0:56:24.2] JB: Yeah, exactly. You're like, this is so disingenuous.

[0:56:27.1] AS: Yeah. A couple people felt it really helped them, just a reminder. It's again, context I guess is everything. Eva, do you have one? I don't want to put you on the spot? I know that I can ask you guys.

[0:56:39.8] ES: Well, I think the biggest one for me was just the whole labeling of the inner critic. Like it's a [inaudible 0:56:46.8] to label on the inner critic and then I like how do you call it the protector, because there's a reason for it to be there and it's not – just giving it a negative label makes you fight it, and then that doesn't help. It's not helpful to having to master your inner critic, or having – gaining control over your inner critic. It's not how it works, so I think that's my biggest pet peeve so to speak, when I got someone puts this negative label on it.

[0:57:20.0] AS: Yeah, I love it. Yeah, especially because what we resist persists.

[0:57:25.2] ES: Yes, exactly.

[0:57:28.5] AS: Maybe –

[0:57:28.5] JB: I don't like that one. That's my least – I'm just kidding.

[0:57:33.4] AS: You want to argue with the Daodejing of 10, 20 thousand years?

[0:57:37.3] JB: No, that one is definitely true.

[0:57:40.8] AS: Hey, maybe it's not true. I don't know. We're in the upside down.

[0:57:43.9] JB: It's for me, for me. That one has always resonated with me specifically.

[0:57:49.8] AS: Yeah. Let us know your – maybe tag all of us in your least favorite personal development meme that hasn't worked for you and we can all comment. Thank you so much for taking the time to share your journey with us, Eva. I'm just so excited for you as a wellness practitioner going in with this nuanced, contextual mindset. You're just going to help – you're already helping people and you're just going to continue to as you develop your own trust, so that you can go deeper with people as well. Thank you so much for being here.

[0:58:21.0] ES: I'm so excited. Thank you.

[0:58:23.2] AS: Yeah. This Insatiable episode is sponsored by my life-changing program, [Why Am I Eating This Now?](#) That's not an exaggeration. Session after session, clients tell me this program changed their life. Or in the case of Shelley who said, "wish I could bottle this feeling up and give it everyone."

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[END OF INTERVIEW]

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