

You're listening to Episode 155 of The Devoured Podcast.

Welcome to Devoured, the podcast for women like you, who have tried restrictive diet after diet and are ready for simple solutions and resources to help you lose weight for the last time, from a place of abundance and peace. If you're looking to end the yo-yo of comfort eating and rigid weight loss protocols, and instead step into living your life on your terms while losing weight in the process, you're in the right place.

Okie dokie, my artie chokie, welcome to The Devoured Podcast. I'm Lucia. I realized in my intro, I think I got to update it one more time. I'm really intentional every time I update it and yet my focus, I think I forgot to mention, that I am a certified functional nutritional therapy practitioner with her Master's in Social Work, Clinical Mental Health. So it might be useful to have that information in there. You might see one more update to the intro, which I personally really liked to do. I know some podcasts are very much like, "Don't ever change the intro music. Let people habituate to the intro and the outro." I keep the music the same, but I do change what I say at times because that's life, it's an evolution, it's ever-evolving, and sometimes you forget to add in your certifications so you just pop them in. No big deal.

Today on the show, we are talking about a very common theme that arises when we're in these conversations of being in our bodies, having human experiences, looking at the foods that we consume, the movement that we take in, the lives that we live, and the hearts that we have. One of those themes, one of these patterns that when I say it's common, why I share that is not to be like, "Hey, you're not special. You're not doing anything special." What I mean when I say something in common is that you aren't alone. You have a whole community of people that are actually here in community with you.

This is actually why I love to do the group coaching in Lean and Liberated because, more often than not, when someone is being coached on a group call, what they're being coached on is going to bring something up in the others who are on the call or watching the replay, and it's going to be supportive for them too. That's why I think it's so awesome when people bring up and are ready to like hop into being coached on a live call is that they're doing a service to other people and they're just continuing to strengthen the fact that we're a community. While the outputs in our lives might look different: we have different jobs, we live in different places, we have different goals, ideas, careers, etc., we still have a lot of commonalities.

So one of those commonalities that can come up through the coaching is this concept of feeling like we have to have everything all together. We have to have everything in its place before weight loss can happen. We have to get all of our ducks in a row. We got to be the star student. We got to get the A plus, the gold star. I've done podcasts episodes on that before. I'll link those in the show notes, too, because they add to this conversation, but here's what's happening. When we feel like we have to have our lives all together, like all squared away before weight loss can happen, that, my friends, is a form of all or nothing, this or that thinking.

When we make our lives into being this or that, yes or no, all or nothing, this ... and I teach this in one of the modules in Lean + Liberated ... this is part of and comes from the root of diet culture. To believe that our lives do not exist in shades of gray, and like insert whatever shades of gray joke you need to right there. I'll give you a second. Get it out. Not only are our lives, are we always living them on these beautiful spectrums, but when we really truly feel safe inside, when we believe from the inside out that it is safe to be nuanced, that it's safe for us to have individual preferences, that it's safe for us to have different scenarios that require different things from us or for us, this is really when life can become oh so free.

So when we believe, and we're in a pattern of thinking of that life is all or nothing, what I want to share right now is that that belief serves us really often. It might serve us in continuing to create a habitual

circumstance that reinforces itself, but we don't come to our habits without good reason. Sometimes we might not understand the reason logically. On paper, the reason might not make sense, but to our bodies, to the creatures that we are, there is always some reason why we're doing something. So feeling like we have to be all or nothing; totally in, totally out; on the wagon, off the wagon, any of those thoughts that fall into that bucket of all or nothing thinking are thoughts that are occurring in a sympathetic stress mode, and we have our sympathetic stress mode for a reason: because it's life-saving.

When we're stressed out from an evolutionary perspective, our stress mode give us a fight, flight, fawn, or freeze response. We didn't come to those unintentionally. It literally saved our life to potentially fight in a situation where our sympathetic stress nervous system was activated, or to freeze in the same situation, or to leave, flight, in that situation, or to fawn in that situation. So I want you to know that if you are feeling the effects of diet culture, and I raise my hand because baby, oh, baby, we live in it, right? This is a big, large part of our modern culture is simply diet culture. You look at marketing. You look at advertising. Diet culture is all around us. We're in a soup of diet culture and we're like the little noodles that are being like, "I don't want to absorb that anymore. I am done with it."

So when we decide That we're done with it, what you'll find is that there was a reason why the all or nothing thinking served you. You might not have liked the reason, might consciously be like, "I don't want to be on again, off again on the wagon, but why do I keep falling to that pattern?" Well, usually that pattern is comfortably uncomfortable Because it feels safe because it's been habituated. Our brains love routines. They love patterns. Also, as nuanced as this conversation can get, our brains don't have too many patterns that they operate in. There's like a handful, maybe a couple of handfuls of patterns that we operate in. Why? Because our brains are also efficient. They're not going to waste time on a bunch of different patterns all the time unless we're really requiring that of our brains.

Otherwise, they're going to do things in similar ways, even in different parts of our lives. How you do one thing is how you do a whole lot of things. So if you feel like you have to have all your ducks in a row before you can lose weight, I really want you to ask yourself this week, "Would I like to become curious if that's a form of all or nothing thinking?" When you become curious about that, and if you feel aligned with it being a form of all or nothing thinking, I then would love to invite you to ask yourself, "What would I like to do with that?" Because here's the rub: with liberation and autonomy you all can have a coach to offer containers and ask questions. You can have a coach that can put a mirror up to different patterns. You can have a coach that might guide you through a visualization to help you take ownership of your life and your thoughts, your words, your actions, to build appreciation for your life, etc.

But the reasons behind why you might be doing that, the reasons you might be seeking the discomfort of change for something different, that comes from within. That's something I will never, I don't think any coach could ever, answer for you. So I want you to ask yourself, "What would happen if I do desire weight loss?" If you've listened to the litany of episodes on the show so far, we know about the story work that helps us understand whether weight loss is internally motivated, comes from an internal locus of control, or it's externally motivated, comes from an external locus of control. So once we do that unpacking and we say, "Okay, no, my weight loss is internally motivated. It's for me by me," once we understand that, we create safety there, and that leads to a relationship, right? It can be a brand new relationship. That's okay, too.

Once we do that, then we get to come home into, "Okay, maybe my only job isn't to solve for the all or nothing thinking, to sweep it away completely, have it be totally done," because guess what happens there? That's just another form of all or nothing thinking. When we realize, "Oh, shoot, yeah, I have been thinking on again, off again, this or that, all or nothing, black or white. I have been thinking in those ways around these subjects. I do feel like I have to have everything together before I can do one more

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thing." Your job then, if that aligns with you and resonates for you, isn't to then scrap it and get rid of it. It also isn't to fix it and take care of it completely.

Your job this week is just to be with it, to explore it. You can be in relationship with the concept of all or nothing. That can be one of the most healing practices, where to start to see, "Oh, it's just been a pattern. I'm not overtaken by some exterior force that doesn't make any sense. I'm not broken. I'm not overwhelming. I'm not incapable. I'm actually really smart. My physiology is actually trying to take care of me at every turn. My brain is actually doing beautiful things all the time." When we join with those principles of creating a life we love, that, my friends, is when weight loss can be simple.

So I hope this episode finds you so well. Thank you for being here. I love and appreciate each and every one of you. It is always an honor to hop onto this podcast every single week, and I'll see you all on the next episode.

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