

You are listening to episode 110 of the Devoured podcast. Welcome to Devoured, the podcast for women ready to release the title of dieter for good. I'm your host, Lucia Hawley. I'm a certified Nutritional Therapy Practitioner with my masters in social work, clinical mental health. I've lost 80 pounds, and I'm on a mission to get you into the life of your dreams without being the woman who is consumed by diet after diet trying to get there. If you're wanting more in your life and are tired of wondering when or how to make that happen, then this is a podcast for you. You'll learn how to make the radical changes you've only dreamed of 100% possible for you today. I'm so happy you're here. The information provided within this podcast is intended as general education only, and is not to be considered a substitute for professional medical advice, diagnosis, or treatment. Well, now every time I start a new episode, I want to call you all party people, or party poopers, or party people pooper poppers. The names, they just keep on flowing. Welcome to episode 110. I'm very, very happy you are here.

We are having some legit Portland weather today. A little bit of rain, a little bit of drizzle, clouds are in the sky. And I know that the Lucia in December is going to kick the Lucia right now for saying this, but I like having the overcast guys and cooler weather. We're just going to be in for it for the next nine months after this, but that's fine. So today I am talking about identity crises during weight loss. And of course, every ... Well, almost every subject that I talk about on the podcast is very much inspired by conversations I have with my clients each week in Lean and Liberated either during the group coaching, or private coaching, or whatever even might come up in our private Facebook group. There's 24/7 support for all the women in the program, regardless of whether they can attend the one-on-one calls, the group coaching, if they can watch the replays. At the very least, you got the Facebook group because come one, come all. I welcome each and every thought, every thought is valid and should be here.

That's typically the only should I'm ever going to use, is that if you have a thought or a feeling, it's okay, it's allowed, it should be here. Welcome to the party, party people pooper poppers. But here's something that I haven't talked about on the podcast yet. And because of conversations, I realized that we should, we should totally have this conversation. It's the idea around when you are losing weight, let's have you expect that your identity will change during that weight loss. Now, let me break down to you the expectation for the conventional way of losing weight. So here's the game plan for the conventional weight loss method. Number one, I lose weight. Number two, well, how I lose that weight might be restrictive in how I'm eating. But I can power through that until I'm on the other side of this weight loss, let me just get down to my goal. Number three, you do it and you get to the other side. You've hit the scale weight, you've gotten to whatever your goal is. Number four, you cry a sigh of relief. You've gotten to the other side, you feel exuberant.

You say, "Wee. I did it. Look at me. I did the hard, hard work." And then something gives. Number five, you might experience normal, typical life experiences of pain or anguish, or you feel insecure. Or all of a sudden that moment where you hit the scale number, it was fun in the moment and then it didn't really change anything in your life. So then you double down on feeling weird about that. And then all of a sudden that restrictive diet, either it ended because you hit the goal. Or you hit the goal and you've kept on doing the restrictive diet, and now it's losing its appeal. It's not as shiny, it's not as fun because you hit the thing, but the thing didn't give you what you wanted. So what do you do? You fall back into old habits. And why do you do that? Because you're trying to take care of yourself, that's step number six.

Step number seven. Even if you understand that logically, that you aren't feeling so great, so you're just trying your best to take care of yourself, you might also beat yourself up about falling back into those old habits. The comfort eating, the maybe lack of motivation. All of a sudden, your great morning routine is no longer. You aren't really doing the thing that you were doing hardcore before. So what happens? Oh, number eight, you gain weight back. Maybe it's the same amount, maybe it's more,

maybe it's less. But all of that process then reinforces your identity. What is that identity? It reinforces identity that, "Weight loss is hard for me, I can't do it." And it reinforces that the proof is in the pudding because you just went through that whole process and it didn't work for you. So it's been validated, okay. Now, that's crash diets or unsustainable dieting that I described. But the same thing can happen even with sustainable eating practices that can influence weight loss.

I have to add this part in because I think this is a tricky part for anyone, especially think about if you're coming from like a paleo background, or for the most part, you enjoy eating whole foods, but shit, something doesn't work in. Okay. The same thing can happen with those sustainable eating practices, and I'll describe why in a moment, or I'll describe those in detail in a second. But here's the too long don't read for either of those situations. Whether you've crashed dieted or you're just trying to focus on eating whole foods, but they give you what you want. And then maybe you even hit a goal weight, or a PR on a run or in the gym, or whatever the hell the thing is that you tried to get. Let's say that you get the thing and you have the experience in the moment, "Oh my god, I did all the hard work and I got the thing." The problem with either of those ways of being is that we don't ever prepare ourselves in those processes for our new identities.

Now, listen, when I say new identity, I'm not saying that we're going to have green hair and purple eyes. We don't transmogrify into this completely different person, it's not that big of a shift. And let me also add that it's not even the external shift of weight loss, how you look visually, that we're going to be preparing ourselves for really. Sometimes that is something that people ... It takes a while for their brain to catch up with how they have felt like they have presented and how they visually might present now. Of course, there's space for that if that's something that's coming up. But that's not the focus of today, okay? It's the identity shift of who you are being when you are losing weight and maintaining that weight loss. That is the freaky part for a lot of us to conceptualize and understand. But I'm here to say that it actually makes a lot of sense, doesn't it? Crash diets have you act differently for a short period of time, they teach you nothing about the longterm. Or worse, they say you have to do the crash diet for a longterm.

And listen, of course, you're going to rebel against that. That's completely normal and healthy to rebel against the crash diet. Those other types of diets that I mentioned earlier, the longterm, maybe on the surface more sustainable diets, they might try to teach you what to eat ... which is in general, going to be unprocessed whole foods. And hope and pray that you learn how to be the person who mostly eats those along the way. But you could still rebel against that too. Cough, cough, paleo. Cough, cough, vegan. Because you might be learning about the quality of foods, which is a great thing to learn about. But if you're still eating more than your present hunger needs, we have to address that. A longterm, sustainable weight loss and maintenance practice is one that teaches you how to be the person who thinks about why she's making food choices and the emotions that come up. I have to tell you, you literally have to learn how to be the person who eats a cupcake for the pleasure of it.

Which is what a lot of women can say that they want, but in action and in practice, they then might default back into the old identity of eating three cupcakes with other people because it's fun and it's a party, or whatever. It's the evening after dinner. And then three more cupcakes in the kitchen later on because she's overwhelmed by life. And has the identity of taking care of herself in the short-term using the buffer of food. I want you to know that, that's fine. So often the subjects around weight loss, around the scale, around eating foods that are "good and bad" can bring up a lot of triggering subjects for women, and I simply want us to be aware of our triggers. That episode I did last week around the scale, loving yourself down the scale or up the scale, or not, it was like, "Whatever."

We have to become aware and see that actually, when we're saying we want to lose weight, when we're saying we want to get the things that the weight loss provides ... which is typically more energy, feeling

more confident in our bodies, feeling like we can do the things that somehow we can't do right now, to obtain greater levels of health, maybe feel like we can see the doctor less or shift around what we feel like we're dependent on. Whatever it is. What has to happen is we have to be the person who realizes she doesn't need to judge herself for stopping the diet when the scale goes up, sort of down because she's making the scale mean a whole lot about who she is. Because if you're doing that ... If last week's episode, episode 109 ... If you haven't listened, go back. It was super fun to record all about how to actually use a scale first and foremost in a way that doesn't blow and that actually gives you good data.

And then a way to hop onto the scale without your brain freaking out about what the number is showing you and what you're making that mean about yourself. Because if you've been incorporating any of those actions, which are super common, or you've had your head buried in the sand about the scale and the scale of number, it's only one tiny piece. And we talk about that in the episode, scale is not the end all be all. But I just see so many women ... and I've experienced this myself, that if you're making the scale to be this big bad mean thing, you probably learned that from society small or large. Maybe you learn that from a family member growing up, maybe it's from your friends group. Maybe they learned that from TV, or mass marketing at large. There's so many shitty stories. And our society sucks, it fucking blows when it comes to the stories that we are told we should live, learn, and enact in our lives, and what we should think about ourselves, and who we are being when we think those things about yourself.

So while all that shit sucks, in the meantime ... The world's not going to change very quickly. So in the meantime, how we actually make the world change is that we decide that we can be in charge of creating a wonderful relationship with ourselves that moves us towards our goals by managing our brains and what we think about ourselves. Now listen, all of this stuff, it's not like rah, rah, rah, this self-love stuff. It's mostly boring. Mostly what it's doing is that it's taking those extreme slants we love to default to. Think about the high highs you experience when you step on the scale and it goes down, and then those low lows you experience when you step on the scale and it goes up and you want to flip it across the bathroom tile and say like, "Screw this. Fuck that. I've been trying so hard." That's us in an identity right there. So it's mostly taking those extreme slants that we default to, and it's bringing them back into the middle ground that they actually are. I personally, I just wrote on Instagram today ... I'm recording this on a Friday.

But I mentioned on Instagram about three weeks ago that I have a gentle goal of losing about 10 pounds. And at that 10 pound weight loss, I'll reassess where I want to go from there. I want to add in that I'm six feet tall, so a 10 pound weight loss for me is different for me than someone who's five feet tall. So I'm on an extreme end in terms of height and what the pounds look like because of my six feet tallness. Just to contextualize because I think some people freak out because I've already lost about six pounds on average. Not on average, I've had a weight loss so far that is lower than six pounds, of if I bring it back to the average ... which I described how to do that in the last week episode 109, I have lost six pounds. So I want you to know that I chose with this weight loss this time around to be weighing myself daily, to be taking that weekly average, because I want to come back ... And I weigh myself here and there.

But a lot of my weight loss, I actually didn't weigh myself way back in the day, the first time around. So it's been super interesting, and I talked about how the number that I weigh on the scale, because I'm so tall, because I'm not within that average range or the average woman, I think that number, I do have a different relationship to it to a certain extent. I think more so than other women. But regardless, that's beyond the point. I'm saying this because I could tell ... So far, I've had three weeks of data that I've been tracking, the daily numbers and then the weekly averages of those numbers. It is so funny even for me being someone who's informed that a weight gain, "a heavier body weight" could also be influenced

by if you've pooped yet today, how much water you've had, if the foods that you've eaten in the last 24 hours are lower carb or higher carb, if you're getting in enough salt, if you're perspiring a lot. There's a lot of different reasons that are beyond our body fat levels, and beyond body fat versus lean body mass.

A lot of different reasons why the scale fluctuates day to day. Do you have your period? Are you a menstruating person? All this stuff. So knowing all that I have to tell you, it's still so cool, and I will say so interesting hopping on the scale. Because I would guess each morning ... and I'm still doing it, so I will and I'm guessing each morning before I hop on the scale, do I think it's going to go up? I think it's going to stay the same? Do I think it's going to go down? And 60-75% of the time, I'm right. And 25% of the time I'm wrong. And it does something where I see that number and typically it's, if the number stays the same or goes up, my brain ... It's not a big one I'll just say, but my brain is like, "Wtf why?" And it wants to figure it out and it wants to make it a big deal that the number did something different than what I expected. And that right there is the work, because my plan ... I'm really good at staying consistent once I make a plan.

So I'm sticking to my plan, all that's good and groovy. And I want that number to follow the leader, and I want to be the leader. But it's not how the weight loss works. Because if I look at my averages and I zoom out, the plan's working. No problem. No sweat. It's a simple plan. I made it to be simple and it's working simply. Boom. But in the day-to-day, it is so easy for our identities to default into stressing out and sweating the small stuff. Which is why I felt so compelled to just hop on here today and to say it's not really about rah, rah self-love like, "Oh my god. You got to love yourself so much before you hop on the scale." That's how you make it feel better. No. We got to make stuff like the scale, these things that trigger us, the stuff and this work is boring, and it's taking those extreme slants. Like my propensity to have a certain thought, which is going to provoke a certain feeling that I have about that scale number that I didn't expect, I would differently if I had expected it.

Because sometimes there are days where I do expect the number to go up or maintain instead of going down. So I just wanted to remember and really build off of last week's episode, that our identities ... Because I can feel that, and then I catch myself pretty quickly and I don't judge myself for having the thought. I understand I have a whole lifetime of a context that's telling me a certain story about that number, and that I get to mute that noise. I get to have the channel beyond me, because that's what I decided three weeks ago. It really is a type of mindfulness. Now, I don't meditate every day. In fact, I really haven't meditated aside from random 10 minutes bursts here and there. I had a really beautiful session on my birthday, back in May. So meditation is something that when I bring it into my life, it is so sweet and so wonderful. But I do ... I bob around with it 100%.

But because I have experienced decent stints of mindfulness meditation practices, I will say that I would like to create an association between what we're doing here ... if you are someone who's choosing to lose weight. Awesome. Fuck yeah, I support you. Good job. Screw society. Do whatever it is you want to do and unpack your shit along the way. I do think though that any time we are creating change in our lives, we are going to come up against at some point an identity crisis. Because first off, change to our ego is like death. Our egos do not like the idea of change because it freaks them out because they're no longer in control. So we have to get real that when we say, logically, we say, "Oh, I want to do X, Y, and Z because of this X, Y, and Z result that I would like." We have to expect that at some point, we're going to rebel. The rebellion.

It's normal is most likely coming from our ego, and it's coming from a protective place because our ego is saying, "I don't know what to expect on the other side, your logic means bullshit to me. I like how I feel right now, because right now is predictable." Even if it's predictably uncomfortable, even if predictably a bunch of self-blame and hatred, doesn't matter. Because to the ego, all it cares about is being reliable, and being comfortable, and knowing what's going to happen. So it does take a step in a

different direction beyond ... If I tie it back to what I was talking about earlier in the episode, it goes beyond just saying like, "Oh, this is the time I'm going to eat paleo forever." Or, "Oh, this is the time I'm going to do that crash diet, and then it'll just eat a little bit more of the crash diet when I've hit my goal." And it's fine. It's fine. It's fine. It's fine. That's a spinning out, and that's perfectly normal. It's perfectly fine.

And all we have to do is remember that a lot of this comes back to moving our brains out of all or nothing, black or white, yay or nay good or bad thinking, into being the monkey in the middle who's proceeding along on her journey with her steps, with her feet, how she said she was going to do it. That is identity that you will build when you follow through with a goal that you're setting. You're going to create the identity of the woman who eats to nourish herself, who eats for her present hunger, who stops when she is full and satisfied. And you're going to create the identity of a woman who eats a cupcake because she wants the pleasure of enjoying the taste of that cupcake. And who is the woman who is present with the cupcake because she knows that at the end of the cupcake, if she wants more, she could have more. But probably all she needs is the one cupcake because it fills her up in a certain way, and other foods fill her up in other certain ways.

That's the identity, that's the practice that so many short-term and more conventional diets miss out on. They don't talk about that at all. They say, just eat the foods and it'll fix your life. Nothing will fix your life except to you. And your life is probably not broken, and you probably don't actually need to fix it. But what you need to do is start to realize that you've created a certain identity and you're saying you want a different identity. So now you have to plug in the puzzle pieces of what brings you gently and lovingly towards that new identity, knowing that the process is going to be uncomfortable. You have to know that it's going to be hard to wake up in the mornings, even though the end result could be, "I like to be up in the morning to get stuff done before I have to go into work." Where you bring it in and reel it in, it's from going like, "Oh my god, it's so hard to wake up in the mornings."

It's because you're trying to make that decision in the morning to the night before realizing, "Oh, I've tried this gave me enough time that I know it's hard for about two minutes in the mornings when I try to wake up, because my bed is warm and cozy and I'm kind of sleepy." You bring it back in from the extremes. Same with if you're planning out your meals for the day. When we hear planning out, we hear, "Oh my god, I don't know what I'm going to eat. I don't know. Okay, I have to eat like all protein and no carbs. I have to hack it." Well, what have you just plan out your foods so that they're foods that you like that you know you're going to feel pretty damn satisfied with because you've had ... How many years and decades of feeding yourself at this point? So you have at least some general awareness of what you like to eat. And that they're foods that you have decided ahead of time you're going to eat for your present hunger, and you're not going to eat while you're distracted and stressed out.

And you're going to plan to have foods so that when you then have the times where you might default your old identity, you might default to eating foods out of stress or overwhelm or anxiety, you're planning to say, "Okay, I'm going to be with myself during those times of feelings that I feel uncomfortable in the moment because I am the person, I am the woman who has an identity where she can handle her own shit. And handling her own shit might mean reaching out to a friend or a loved one in the moment, instead of defaulting to a bag of potato chips." That identity might be taking a quick cat nap at two o'clock instead of reaching for a chocolate bar for the afternoon slump. That identity might mean drinking decaf coffee in the morning instead of a really big old cup of very caffeinated coffee, because that new identity is someone who takes care of herself the rest of the day and she doesn't need that much caffeine. She doesn't need the caffeine crash afterwards, she's got this.

That is what so many of the conventional diets miss, and that's what I want you to remember. Whether you're in Lean and Liberated or you're not, I want you to really start to think about, "Okay. Am I taking

the actions to foster the new identity that I actually want?" It's why we do a lot of value work in Lean and Liberated because these conversations, they can seem like 180 from just being like, "But Lucia, tell me what to eat, how to move, when to eat, and when not to eat. Aren't those just like the things I need to do?" Sure. But the container of them is you choosing to take certain actions in order to be the person that you desire to be. You don't have to white knuckle through that experience, it can be really beautiful and joyful. And I'll say again, as someone who three weeks ago, it was like, "Okay, I'm ready to lose 10 pounds. I'll practice this." That's fine. That's great. I want you to know the decision for that identity can be simple, and I want you to know that weight loss can be simple.

And crash diets, white knuckle diets, whatever you want to call them will always paint the picture that it's hard, and that you are some champion if you've done it, and that you are then better than the rest. And if you don't do it, then you aren't good. So you should try doing it again. That is all marketing. That is schematics. That is all how they continue to take money from people because diets are not meant to work more times than not. More times than not a diet ... And I say that because I've coached people through diets for power lifting competition. Sometimes a diet is legit, a diet and they know it's to diet, but then they have a reverse diet planned at the tail end. Spoiler. But for 95, 97, 98% of people out there who are on diets, they're putting themselves on the diets, they're working with someone for a diet, not for a specific reason aside from wanting to be smaller and maybe wanting a goal weight.

The most of those types of diets, they're not going to be sustainable because they don't sustainably coach you through how you're creating the identity of being the person who has effortlessly lost weight, and who maintains that weight, and who isn't screaming and crying about the whole process. That is the difference between an unsustainable diet and a sustainable diet. I really want you to get curious this week, "What is identity that I'm practicing right now today?" Because tomorrow never comes. The future is right now, it's every single second that's clicking away. So you are practicing identity today. You'll practice one tomorrow. But why not just focus on today? If you need to focus on tomorrow, do it more like no more than 24 hours. Plan it, but really get curious. "What is my identity? What have I been practicing? And what would I like to practice? How could I practice that simply? How could I buck against society? How could I be that rebel who says this gets to be loving and simple?" Because I swear to you, there will always be an answer. I'll see you on the next episode. Bye.

Okay everyone, that's all for this week. Thank you for listening to this full podcast episode. If you want more of this information every day instead of just one podcast episode each week, consider coming over to Instagram to hang out with me. I'm [luciahawley\\_](#), underscore over there. That's L-U-C-I-A H-A-W-L-E-Y\_. And one more thing before the episode ends, please consider leaving a review of Devoured on iTunes so we can keep spreading the word and together, we can offer this free education, empowerment and liberatory nutrition principles that will change more lives. If you're someone who likes to empower other people, then please consider sharing this podcast with friends and family. And by leaving your review, it makes a world of difference.