

Welcome to Devoured, the podcast for women ready to release the title of dieter for good. I'm your host Lucia Hawley, and I'm a certified nutritional therapy practitioner with my Master's 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 only dreamed of, 100% possible for you today. I'm so happy you're here.

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Okay, what we're talking about this week is the idea of possibilities. So I'm going to be talking about that a little bit, while I'm doing that, why don't you go ahead type in your win for the week, and then we'll check in on that.

So this idea of possibility is that, first off, we're going to come back to this concept that, and in coaching, if someone has done coaching before, you might've heard this concept before, that our thoughts create our results. There's a whole framework for how thoughts function, okay? Our thoughts create our feelings, right? You think something about a certain circumstance and then you feel a certain way about the circumstance. Circumstance is always neutral.

We have a thought about our circumstance, that thought creates a feeling, we take an action from that feeling. Even if we feel like the thing that we're taking action on is actually an inaction, well, it's still an action. Something is still occurring because of that feeling from that thought. When we take an action, we then get a result. For the most part, that result then reinforces our thought.

So, we have this whole loop. When we're going through something like this program, like lean and liberate and we're trying to change our habits, whether you're in a program or not, period, with habit change, what we're trying to be doing is we're trying to separate the concept of, okay, what is a circumstance? In this case, weight loss, right? My relationship to weight loss, how the weight loss is going, et cetera, on and on, my relationship with things like intuitive eating or anti-dieting.

A lot of you are within that realm of being like, "I want to figure out my relationship to those two." As I'm also being upfront with the fact that I am on a weight loss journey, right? I've had a lot of those conversations with you, especially in private sessions with a lot of you. So here's the thing, when we're going through these processes, what we come up against, and we have a whole module on habits, is that we come up against, and this is what we journal on too, is our understanding of defaulting into old previous habits when we're navigating stress.

This is really common. In 2020, OMG, what a year for us to be seen, like, "Okay, I see that I have certain habits," right? So with this understanding that our thoughts create our results and that our habits are really reinforcing those thoughts, feelings, actions, and results, and that whole loop there, what I want us to be thinking about is the idea of possibility, okay? That possibility creates opportunity.

I wrote this down, because I didn't want to mess it up, so listen to this. The thought of possibility leads to the result of opportunity. I think that's really profound, because when we're thinking about weight loss, very frequently, and the dieting cycle loves to reinforce this, we think about weight loss as the tangible first, right? The eating habits, the movement habits, the sleep habits, the supplement habits, on and on and on and on. We think about the tangible first, and then we hope for, very frequently, we hope for the intangible to follow. When I say intangible, I mean the emotional thought habits.

Very frequently in that dieting cycle, we say like, "Well, if I just do the 21-day or 30-day or 90-day fix or challenge or whatever, as soon as I do that, then my thoughts and brain will catch up with me, right? If I

make that enough of a habit." I think what a lot of us find, which can feel disappointing, because diet culture will then reinforce that was on you, it's not us. We didn't do anything wrong, we gave you all the tools for the healthy eating and movement. What we can find is this disparity, and then we feel like we clash up against, well, why can't I be the person who does the habits who is the healthy person, or can take themselves further towards whatever goal we might have. That make sense so far?

So what I want us to be thinking about, and what I wrote down is that thought of possibility that leads to the result of opportunity. You could plug and play whatever you wanted in there, that has nothing to do with weight loss necessarily. But what this does is that it shifts our paradigm from saying, oh, it has to be the tangible first, right? The tangibility program is eating the foods that you plan out, it's sticking with the fasting, it's drinking water, it's getting your sleep.

All that stuff is the container of the tangible, but what we get to do and we're really creating space for here is saying, well, what happens if I allow the intangible to come first? That's why we do the journaling, that's why we think about gratitude, right? These things that can seem so woo-woo is why we take the time to plan, use the 24-hour plan to plan ahead for the fasting, and for the non-fasting and for our food choices and for making choices ahead of time that help us recognize how we feel, right?

We're not making that plan to eat two ounces of chicken and hope and pray for the best, lose weight, because we know that that's not going to get us very far. So we're doing that bridge work of saying, well, if I know that, how come emotionally I can want to default to the guys that tell me just to eat high protein until I get to that low body weight, okay?

So, I want to carry further on that before I talk about wins. I see a win over there, I already read it. So if your thoughts create our results, I want to use the example of comfort eating, because I think this is also a very common, common experience that a lot of us have. So let's say that we're comfort eating and the thought that we have around that, that is either conscious or unconscious, is this is my only tool to manage my stress right now, right?

At the end of a long day, or when you're driving home alone about to get to the end of the long day, whenever that experience is, during the day, doesn't matter, but evening is a common time for comfort eating and comfort overeating, right, is feeling like, well, this is the tool. This is the only thing I have, I might as well use this.

When we have that thought, conscious or subconscious, that then reinforces that we only have one option as a result. That one option is, well, I have to comfort eat. So I think in diet and culture, we make that whole scenario out to be this big, bad thing. Why am I comfort eating? Why can't I do anything else? But I think what I want all of you to be thinking about this week is what happens if you flip the script and you say, okay, that's me trying to move the needle from a very tangible place, and we just stop the comfort eating. If you've done the habits module, you know that if we just focus on the thing we're trying to stop, all we're reinforcing is focusing on that thing. So, we have to come about it in a bit of a different way.

So I wrote this down too, because when I think about it earlier, it's like, "Oh my God, I'm going to get tongue tied on this concept." So, I want you all to get curious this week about believing in possibility, okay? Because the possibility is what allows for the potential for the new result. Possibility and having the thought, because our brains will always default to what will keep us safe and comfortable, which is why we default.

If we have a proclivity for comfort eating and comfort overeating, that's why we'll default. When we're feeling low, right, our glass is half empty/totally empty, at the end of the day of course we're going to comfort eat, because our brains are trying to keep us safe. They're trying to say like, "Man, things feel really crummy. I know something that has worked really well before, let's use it right now. We can think

about tomorrow, tomorrow's a different day, later, but for today let's just comfort eat," right? That reinforces that whole thought process.

So the thing that is difficult, I think, for many, many people, when it comes to comfort eating, which you guys, what a season for comfort eating, if there's ever been a season, right? Well, I'm bringing it up. When it comes to comfort eating, instead of saying, "I just have to stop, I just have to become that person who doesn't do the comfort eating," all I want you to think about is what if I choose the thought that there is a possibility for different opportunities.

I think this can immediately then start to downgrade it from I'm doing something bad, I'm taking the wrong behaviors, I am the bad person, which is where our brains love to go. Insert whatever words makes sense for you. It then shifts it back into the intangible of saying, "Oh wait, all my brain has been doing is choosing comfort in the most readily accessible way that it knows habitually it can." But because I have this goal and this case of weight loss and that comfort eating creates an environment where that is much more difficult to pursue, I'm going to be asking myself what would be the thought I could have that would help me create possibility?

So that thought could be, and there's so many different ways we can come about this. The thought could be well, "Shoot. I'm really tired, I'm going to go to bed early," right? If it's comfort eating at the end of the day. "Oh, I need a good laugh right now. My body's looking for something that's going to bring me up, I'm going to watch a funny show, I'm going to call a friend. I'm going to log onto TikTok and just let it take over my phone, because TikTok's fucking funny," right?

All these different things that we could do that might not be food, but if we're so closed in and feeling like our brains, because of our old habits, are feeling like there isn't even opportunity, it's going to be mighty hard to find opportunity in the moment. Which is why I want to talk about it now, so as we can start to practice, because how we do one thing is how we do oh so many things. So, getting really curious.

I'll say as another example, I know I'm getting long-winded with this, but I'm fired up about it. As an example, my boyfriend and I, right, we bought this RV. When we are thinking, when we are super stressed out at the end ... it was a Monday night, and we were thinking of all the thoughts, and we couldn't think any more thoughts because we were too stressed out, we were exhausted. We both had very long weird days, because that's what life was a month ago, right? That's a lot of 2020.

But the next day when our cups were a little bit more full and we're able to sit back and think and we're able to choose, that Monday night we had a lot of ideas and they all felt horrible and stupid and clunky, right? Our thought was not on possibility, our thought was on other stuff that we were defaulting to, because that's how the human brain works, keeping us comfortable and not necessarily seeking opportunity. Because opportunity can be great and wonderful, but also there's a big question mark around it. So, it really makes sense.

I think so much of coaching in general is us feeling like, well, how do I get the thing? It's scary and weird and it's taking the step anyway. A lot of you will probably find that in your weight loss journeys, is like, "Oh, I have to take the step anyway." Then we take the step and it's not actually all that uncomfortable most of the time. If it is uncomfortable, it's uncomfortable for a couple of minutes and then we neutralize, okay?

So that example that I was bringing up was buying this RV, was having a Monday night being like, "Oh my God, we don't know." We were riddled in feeling like there wasn't possibility, and by the next day when we remembered, oh, that was a bit of an intangible habit we were falling into, then we opened up the opportunity to say, "Well, wait a second. Literally, what are our opportunities?" We were able to make decisions from that place.

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So, that's just something that I want you all to be thinking about, okay? Where could I be getting really curious on possibility in order to, for no reason, right, not to get skinny right away, not to do any of the stuff that falls into the tangibles, but instead to say like, "Well, wait a second, can I plug into the possibility and make that the habit that I'm practicing?" Right?

Where it's not about one more perfect plate or it's not about secretly trying to figure out how many calories might be on that plate or what have you, what if the habit instead that we're fostering here is creating possibility? Because we believe, and we grow our little brains, right? What we practice is what we get stronger at. We grow our brains so that they then default to possibility. When we have possibility, there will always be opportunity. So, think about that this week, okay?

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\_ over there. That's L-U-C-I-A-H-A-W-L-E-Y\_.

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