

You're listening to episode 127 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, and 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 only dreamed of 100% possible for you today. I'm so happy you're here.

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Well, well, well. Welcome to the show. Thanks so much for being here. And if you're new, I am so excited for you to be listening along, and welcome, old friends, new friends, so cool having you here. Happy New Year's Eve, and Happy New Year's tomorrow, if you're listening on the day of release. Tonight, well okay, it's Tuesday when I'm recording this, but when you're listening to this on Thursday. So my plan for Thursday for New Year's Eve is to be snuggled up inside. I planned my boyfriend to make a sushi cake. We're going to wear matching pajamas, coordinated pajamas, and before all that take a nice long walk around our neighborhood. And some would call that a simple life and you'd be correct. I really don't need much. I'm so excited for our New Year's Eve plans. I cannot wait.

So on today's episode, I'm going to be sharing with you what a thought is, what a feeling is, and the difference between the two, why it matters that thoughts and feelings are different and how you can use this understanding of what a thought is and what a feeling is and how they connect with each other in order to help you continue your weight loss journey in a way that makes sense. Because that's a lot of what we do here is to really say like, "Okay, not only can we understand that some foods do some things and other foods do other things and which ones do we want in our lives more and which ones do we want in our lives less, et cetera? But also what do we think about those foods? How do they make us feel? How do we choose our thoughts around those foods and how are we actually choosing to feel certain ways in our lives day to day?"

So before I do that, I have two announcements for everyone listening. Number one. For at least the first half of 2021, I am going to be releasing two episodes of the Devoured podcast every week. We're going to continue with our Thursday episodes and I'm also going to be adding in Tuesday episodes. And I wish there was some big, profound reason for this, but truthfully, as I was sitting down last week writing out a lot of the subjects that I want to get out to all of you who listen, I realized all right, I just wrote over 50 different subjects for the year. I have all these subjects. A lot of them, I pull week to week. A lot of the subjects I write for this podcast, I'm coming up with them week to week based on what I'm seeing and hearing from my clients and from the world at large. And with the seasons, different holidays, different things that we're all experiencing together.

But I also, I have this notes app on my phone especially, and I have so many episodes accrued at this point that I realized, listen, I just need to get these into my calendar and just hit go and not make you all wait a year to listen to these different subjects. So I'm going to be double dosing us with podcast episodes, at least until the middle of 2021, but it could be through all of 2021. So buckle up, buttercup. The episodes tend to be no more than 30 minutes. So for those of you who are used to listening to 60 minute episodes on other podcasts, we're still pretty much giving you 60 minutes every week. So I hope you're really excited. I'm super, super excited. That's announcement number one.

Now announcement number two is actually a favor that I'd like to ask all of you. So if you've been liking the show, would you please go to your Apple podcast app and leave me a review? It's a quick process

and it honestly offers a lot of social proof, and I had mentioned this very briefly, but I'm in the process of writing a book proposal and tangible metrics like positive reviews on this show go a really long way in helping me to pitch my concept when it comes to that stage of this book proposal process.

So if you do leave a review, your review will have the opportunity for a shout out on a future podcast. So I'd love to hear your thoughts and for you to know just how impactful your words truly are. It's super, super easy. If you've never left a review on a podcast before, the easiest way is to use your smartphone, go to the Apple podcast app, click it, navigate over to the show page, and then if you scroll down and you scroll past the episodes ... I think it auto loads about 10, maybe 15 episodes.

If you scroll past those, you can just do one big scroll and you'll get right to the bottom of that page. It will show you reviews that are already left for the show and you'll also have an opportunity to give a star rating, as well as an opportunity to click write a review. And if you could do that, it would mean the world, and it really does go a long way. So if you're enjoying the subjects I talk about on the show, please make sure just to take literally 60 seconds. It really would be so supportive and mean so, so much.

Okay. So if you begin to practice identifying the difference between your thoughts and your feelings, you will be so equipped to handle anything that comes up in your life. Many of us actually go about our days completely unaware of the majority of our thoughts and can have a heck of a time identifying our feelings. So before we get into the content for this episode, I want you to know that this is not only process, but it's a foreign process for the majority of us. It's very odd and that's a really wonderful thing. It is not a common experience or concept. It's not something many of us are taught, although I think the tides are changing from what I see with young kids these days.

But I think for a lot of us, understanding our thoughts and our feelings was not something that comes naturally. It's something we have to parent ourselves on, teach ourselves, and really start to habituate for ourselves. So know that before we get into the episode, if this is brand new to you, that's great. And it's awesome that you're listening along and I'd love to describe to you what a thought is and then what a feeling is.

So a thought or a belief is an idea or opinion by thinking. Or it can feel like it occurs suddenly in the mind. That's it, right? An example would be I wear my yoga pants today and that's a true story. I'm wearing them right now. A feeling on the other hand is an emotional state, a reaction, and we can feel them in our bodies. An example would be I feel relaxed. And if I were to define that relaxed feeling further, I could say, "I feel warm. I feel at peace. I experience no tension in my hips."

Now our feelings can be connected to our thoughts. So I could say, "I feel relaxed when I wear yoga pants, and I wear my yoga pants today." So before we continue, I need you all to know something important about thoughts and feelings. Our thoughts create our feelings, and it's not the other way around. Most people go around having a hard time telling the difference between their thoughts and feelings. And on top of that, they may never have even heard that what they think directly influences how they feel.

In fact, I would say most people feel something and then they think that those feelings create their thoughts. That their thoughts are really in reaction to their feelings and lived experiences. So let's dive into that example that I just shared. I wear my yoga pants today. The feeling that comes from this thought is relaxed, and I can explain that feeling within my body by identifying warmth, peace, and no tension at my hips.

The reason understanding what your thoughts are and what your feelings are, and which thoughts influence you to experience which feelings is that you are in charge of all of that. What most people do in their lives, what most people do is live their lives thinking their thoughts are just static. They believe

what they believe. Done. Maybe something will happen that will change their opinion or they might have a thought about a feeling that they're experiencing, but that must all happen from the outside, right? And so on they go believing that their thoughts are static and that they're just going to not be in charge of their feelings, and it all simply is. It's just happening. Life is happening to them. Big things are big, little things are little, and that's that. Other people might have different opinions, but my opinion is mine and there's no question that my feelings just are.

So my friends, I'd like for you to fully know the following, you are in charge of your thoughts and therefore, you are in charge of your feelings. This is a lot of what I coach in Lean and Liberated. Because the women who are a good fit for my program, they already know the basics of healthy eating. No one in there really would struggle with eating a beautifully crafted bomb diggity salad, they'd be keen on that. They're all pretty into roasted vegetables. There isn't a lot of hemming and hawing, maybe there's difficulty around meal prep or feeling like they can consistently give themselves access to enough types of healthful foods, but it's really the biggest issue is a consistent implementation of healthful activities that allow our bodies to shift into burning body fat consistently. That is the tough part.

So listen, given everything that I just said, if you were a robot, weight loss would be easy, right? If you already like kind of the basics of healthful eating. When I say that, what I mean is eating in a way that makes sense for your human body based from an evolutionary standpoint. If you're already on board with that and if you were a robot, weight loss would be easy.

So what is the stopping point for those of us who enjoy healthful foods, but feel like weight loss is this far away concept? The stopping point are our thoughts and our feelings. Then the point of identifying what thoughts we're having and which feelings those are creating isn't to then become a perfect human or to become a robot who never has any negative emotions. It's actually the opposite. The point of cultivating awareness of our thoughts and feelings is that the more aware we become of them, the more opportunity we have to practice choosing thoughts that lead to feelings that get us to where we want to go more permanently.

So let's use another example, a very common example. If you identify the thought I don't like the scale. So many women could have this same thought, but experience a multitude of different feelings. For one woman, it might be sheer terror when she thinks that. I don't like the scale. For another, it might feel neutral. I don't like the scale. For another woman, that thought might bring up vibrations, feelings in her body that she's not quite able to label or identify yet.

So in this episode, what I want you all to know is that all of that is okay. That is all the process. If we can identify what our actual thought is that we're experiencing, we're going to have a much more rich ability to trust ourselves. And when we trust ourselves, we're going to feel like we are in relationship and have better communication with ourselves.

If you think about your relationship with a friend or a partner or someone else and you really boil it down to what a safe and trusting relationship is, it's a relationship where there's plenty of communication. It might be nonverbal communication. It might be communication based on repetition. There may have been periods before where it felt like communication was sticky or hard, you weren't quite on the same page, you weren't sure what to say or what to do, and you're getting [inaudible 00:14:00] in your head.

But there was a space to trust that those uncomfortable feelings were not bad, they simply were. And if you so desired and the other party desired, you can move through those feelings and those thoughts and come to a space of increased trust, knowing that it's never wrong when someone's having their own lived human experience.

So sometimes, for some of us, it can be easier to identify what we're feeling, and this is a cool thing about thoughts and feelings. If you're able to identify your feeling, you can backtrack and fill in the blank of the thought. What is the thought that causes me to experience this feeling? And of course, in the opposite way, if you first identify your thought, you can come into awareness of the feeling that that thoughts create.

So this week I want you to practice this, and here's how you do it. You write down the next time you feel an emotion. It could be positive. It could be negative. It could be neutral. You could have no idea what it's like. Doesn't matter. Whatever it is, you just write it down. And start with the easy stuff. Like you don't have to go and try to figure out your relationship with your mom yet, save that for next week or for whatever, just start small.

It could be at the end of your next meal, you notice what your thought is after you take your last bite of food and you're sitting there. Maybe it's something like I'm full, or I want more, or I'm full now, but what if I want more later? Once you identify your thought and you've written it down, I want you to take three deep breaths so that you come into this space of identifying what feeling is coming from that thought. Maybe it's I'm full. Well, I feel content. And that's it. Just to bring these into awareness. No other changes needed yet because this is what is profound. This is what is so different than the majority of conventional diets out there. When we talk about weight loss, who the hell is talking about taking three deep breaths and starting to think about what we're thinking and what we're feeling?

How about another thought? I want more. Maybe when you think that, and you take those three deep breaths, you notice a feeling of emptiness. How about the thought I'm full now, but what if I want more later? When you're thinking that thought you might feel uncertainty. Where do we feel each of these emotions in our bodies? What does content feel like for you? What does empty feel like for you? What does uncertain feel like for you?

This is the work that is fascinating to uncover. It will help you understand yourself so much more than any restrictive new year new me diet ever can. This is the goal. When it comes to discovering how to lose weight for the last time in a way that you live your life instead of having it be one more short term diet that you kind of start, kind of don't, maybe you rock it and then you fall off the way again, rinse and repeat. Because all of those actions will never actually understand where they're coming from or why we're choosing them until we start to build some trust with our ability to feel aware of our thoughts and our feelings.

So I want you to try this out this week, and I want you to let me know what comes up. Shoot me a message over on Facebook or send me a note to one of the emails that I send out every week. And if you're not signed up for those, go to my website, no biggie. Go ahead. Even if you try out one thought, you give yourself one opportunity this week to discover what am I thinking? What is that thought when I think it, how does it make me feel? This will change your life. And if this is a brand new process for you, that's okay. Nothing has gone wrong and this is part of that liberatory framework of stepping into a deep relationship with yourself that is based in trust and communication and relationship.

And I also want to say that if you've never tried this practice before, understanding what you're thinking and you're feeling can never hurt you. So often it can feel like the scariest thing. We'd rather go get another plate of food or immediately eat dessert, or do this, or do that, or start the timer or go do whatever it is. If those are the actions that are more comfortable for you right now, that's okay.

How we live our lives is just a set of different habits, so all we're doing here is we're starting to crack open the door very gently. We're not banging it open. It's going to like hit us in her face and break a tooth off. We're just opening up the door, twisting the door knob gently, and starting to notice what is

the light like on the other side of this doorway? What do I smell? What do I feel? How do I feel when I'm doing it?

We're coming into relation with the process, and as we do that, as we allow ourselves to do it just once, maybe just once this week, once today, once this hour, as we allow that, and we attenuate to that, what you'll start to find is that you have the capacity to be able to hold space for your thoughts and your feelings and to hold space and be your own container for the safety within knowing that none of your thoughts were ever wrong, none of your feelings were ever wrong, and all they are are clues that can help you come into deeper relationship with your entire life.

If you don't believe me, I want you to give that practice a try today. Allow the power of your thoughts and feelings to just be without expectation and without judgment, and when you do that, that is how you build the bridge to safety. That allows you to make the choices that work for you in your lifetime instead of feeling like you need one more diet. I'll see you all next week.

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_.

And one more thing before this 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.