

You're listening to episode 132 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.

Hey, pretty people. Welcome to the show. I hope you are having a great day. I am. I am and I'll keep saying it. When the weather is nice, man, that makes such a big difference for me. We have bright skies. They might not be blue today, but they are bright and I find that just so lovely here in Portland. I hope you all had a great weekend. My quickie reminder: Please go ahead, take a minute and leave a review of The Devoured Podcast in Apple Podcasts, if you will, in that app. It used to be called iTunes app and then they switched the name in the last year or so. It would make a humongous difference and I would love to read what you've shared about the podcast, so I want to give you all a little shoutout and I'll do that right now.

I want to read the review that Cassie left, shoutout to Cassie. Cassie writes, "Devoured is a weekly must-listen. Lucia digs into topics that are imperative for folks to understand in a society where diet culture is ubiquitous. I look forward to each episode or Lucia unpacks so many of the thoughts, feelings, and actions I personally struggle with around my body and my worth. I've learned so much and I can't wait for the book. If you're feeling stuck in your weight loss journey and you're sick of dieting, this podcast is it, friends." Thank you so much, Cassie. I really appreciate you just taking the time to write such kind words.

Y'all, it's like I just had this feeling that... Okay, we all had a feeling initially about 2020, so I'm saying this with a grain of salt, but I have a feeling that 2021 is going to be just such a wonderful year just for the show and for these subjects around moving beyond these all-or-nothing ways of thinking and coming into a place where we create our own capacity, whether we're creating capacity for certain conversations, or if we're creating capacity away from certain conversations, it's this beautiful work of boundaries, and so just know, whenever I'm sitting down to this podcast, I get so revved up to be able to share with each and every one of you, so please go ahead, leave a review or share the show with a friend.

We're coming to the tail end of January, so the cycle happens every year where a lot of people get really excited for new year, new me. They might go to more of a restrictive diet and come the third week of January, we can already see pretty consistently that those legs of that diets start to get a bit shaky, so if you know anyone who gave it a good college try this year and who's now feeling like they're the ones that messed up the diet, the diet was good and they were bad, give them some support and share the podcast with them. Let them know that they are not alone and there's so much that they can be with, it's not even so much they have to do, but there's so much that they can be with around these subjects to truly take care of themselves from a very liberatory standpoint.

Let's talk about urges today. Urges are a very common, normal human experience. The definition of an "urge" is a strong desire or impulse, so desire and need, impulse. Compulsion could be a very strong urge. Feeling a longing for, a yearning for, all of these are different ways of describing the energy of an urge. Urges are really common, normal human experiences. We all have the experience of feeling and either stifling or following through with an urge. In fact, much of our lives are governed by experiencing an urge and then unconsciously following through on that urge.

Now, a lot of coaching can center around trying to move past that urge and I wanted to use the example of biting your nails or playing with your hair, right? These can be subconscious habits that we use to either help us experience an uncomfortable emotion or a thought or they're habits that we engage in

while we're processing those uncomfortable emotions. Think about it: When is someone biting their nails? When they're nervous, when they're overwhelmed, when they're feeling anxiety. Why is someone playing with their hair? Maybe they're playing with their hair on the drive to an important doctor's appointment or subconsciously when they're making a big phone call. Those are just two very small examples of urges that can occur when we're experiencing a less-than-comfortable emotion.

When we focus on "breaking" an urge that we've labeled as bad, right, those are two examples wherein our collective consciousness, we can consider them bad habits, all we're really doing is reinforcing that old thought, that old way of being, that something is wrong, something needs to change, and we need to be doing less of the thing. Now, I find this fascinating because that mode of thinking right there is intrinsically setting ourselves up for focusing on lack instead of abundance, focusing on being anti instead of focusing on anything but, and thinking about the thing more, so I want you all to be hearing this today because it's so easy to slide into.

I still do this, too. I talk about these subjects, but it's because your girl processes them and metabolizes them, too. If you're thinking about... Now, I'm not a nail-biter, but I historically have been a cuticle-picker. It's just long-standing habit there. If you really think about every single time and if I really think about every single time I historically would try to end that habit, I would try to focus on ending the habit by focusing on it: "Oh, I shouldn't pick my cuticles or play with my fingers, I shouldn't be doing that. Oh, I see that I'm doing that right now. Oh, let me stop. Oh, I'm noticing that I'm experiencing X, Y, and Z, and when I'm nervous, then that's when I tend to feel like I want to fidget and play with those cuticles or nails." Insert blank there. Most of us tend to have some sort of a habit that crops up unconsciously. Even if we become conscious of it, it can crop up unconsciously.

Here's the deal with these habits that we don't find as useful: The only thing that matters, because anyone can experience any urge they want... For the most part, okay, most people. No serial killers, okay? We're not going to those subjects here, but you can be experiencing a whole lot of urges and feel every single right to follow through and carry on with them, so the only reason we ever need to be changing or addressing or shifting an urge is when they are no longer serving us in the longterm.

This is why understanding what an urge is and where they come from is going to be supportive for you on your weight loss journey because it takes a lot of the fuzzy, maybe not-so-clear actions that we're taking: Why is it that I walk into the pantry at 3:00 PM every day? Why is it that I make myself a nourishing dinner at the end of the day and give myself a pretty damn delicious dessert, but then I'm still thinking about the kitchen 24/7? Why is it that reaching for some Cheesy Poofs is fun at first, I feel satisfied, but then I keep doing it and I feel like I can't stop?

Those are all also examples of urges, and so when we're looking at how do we come into a liberatory experience with weight loss, we need to be understanding that, and my clients are going to be sick of hearing me say this, but that nothing has gone wrong when we recognize that we have certain habits, certain urges that have become normalized in our lives, so the number one thing I want you all to be thinking about today is not only giving yourself some space if this is the first time you've thought about what some of your urges might be, I want you to give yourself space this week simply to be with yourself and notice, "Oh," like from a place of curiosity, too, "Oh, isn't so interesting? Why is it that I tend to skip lunch or just grab something on the go? Why is it that it's hard to remember what I ate for dinner last night? Why is it that it doesn't feel like chocolate's satisfying until I've had eight pieces of it? Why is it that I feel lonely if I'm not eating a snack while I'm watching TV at the end of the day?"

We don't even have to have answers for those, necessarily. All we really need is to start to be in relationship with those questions because when we can start to bring up those questions and pull them out of our unconscious, right, just going about our lives without thinking about much of what we're doing, when we can bring it out of that unconscious thought pattern and into consciousness, that alone

right there, it might seem so subtle, but that in and of itself is creating communication with that way of being, with that urge, with that habit, so when I tell you, "If you want to try something this week," just bringing into awareness what different actions you're taking, that in and of itself is absolutely huge and humongous.

A lot of people will say, "Oh, okay. I realize what I need to do. What should I do to fix it?" We actually need to spend time with what we're doing. We need to start to metabolize our different actions and come into the present moment with them. When we do that, then we're creating not only a relationship, but a relationship built in trust with those urges and those habits because if we can recognize, "Man, I don't care about the chocolate unless I've had eight pieces at the end of the day. Why is that?" and we feel like we can have that thought without trying to fix it, without trying to should ourselves away from it, without trying to make it bad or make us bad or make it good or make us good, when we can simply just be with it, that's where you're going to start to find so much information can crop up, so I want you to really listen to that part because this process of not only identifying urges, but then being with them, that process is very subtle.

Once we take those two steps, it's then at that point we can decide, "Now that I have this relationship with this action, this urge, and I've been able to be around it without provoking major feelings in myself, 'I got to get rid of it, I need to be anti-that. I should stop doing it, I should do something else,'" then we're allowing the actual feelings to come up out of our bodies. That is always going to be the true core and true foundation of any shift or change that will sustain you through your life and lifestyle. That will automatically take any choice out of being more of a diety, quick-term choice: "Oh, I should just stop doing that." Well, that'll last like one time until it feels so uncomfortable you keep doing the habit.

It takes it out of that diety thinking that we can come to from such positive or wonderful intentions even and it takes it out of that into, "Oh. I've allowed myself a deeper awareness of myself and I've just dipped my pinky toe into those thoughts and feelings enough times, or with enough grace and openness that I'm starting to neutralize any of the feelings that come up because of it," because it can be really surprising if we're living most of our lives not in the present moment, which is a very common and typical way of being an American in the United States of America, which the majority of my listeners, y'all are here, we're all here together. That's the common way that we've been raised.

We don't typically, some of us do, have the option or opportunity, and this might be changing with newer generations, but I think the generations that are tending to listen to this podcast, we weren't necessarily raised with self-awareness techniques that we could use from a loving place or mindfulness techniques, techniques that help bring us into, safely, that feels safe from a neurological standpoint, that bring us into safety in the present moment. A lot of our days, a lot of mass marketing, a lot of what is marketed to us as an ideal life or lifestyle is really supportive of things that are beyond us, that are we look a certain way, we're acting in a certain way, or we have certain things, or we're around certain people.

None of that really focuses in on how do I feel in this present moment. If we can drop into that space, not even from a place of trying to fix or save an urge, but instead from a place of just being, of creating the capacity to drop into the present moment, I think what a lot of you will find is that these subjects, weight loss, food choices, exercise, movement, sleep, self-care, they actually start to become simple, and no one can claim that simplicity except you for yourself, so I want all of you to give that a try this week.

What happens when you drop into the present moment? Not from a place of fixing or shoulding or getting through or powering through, but even if it's the teeniest, tiniest pinky toe into the pool of the present moment when we're feeling or noticing an urge that is coming up that we might be enacting or desiring to shift away from. Can we create the capacity to be with that urge without expectation,

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without judgment, and see what arises from there? That can be one of the most powerful practices that you'll have in your life and we can do it around food and nutrition, and where we practice one thing, we're going to build competence in that practice, and then it can apply to any other part of our life if we would so like it to.

I hope you all have a great week. By the way, tune in to the next episode, episode 133 with my client, Carlin. She is sharing her weight loss success story after she has gone through and has taken to heart all the tools and tricks that she's learned in Lean + Liberated. I hope you all have a great week and I'll see you in the next episode.

Did you know you can find more support from me on my website? Go to [luciahawley, L-U-C-I-A H-A-W-L-E-Y, dot com](http://luciahawley.com) to connect.