

Lucia Hawley:

You're listening to Episode 133 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 ending 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.

Lucia Hawley:

All right, party people, welcome to another episode. I am over the moon, you are here with me. I'm super excited to be sharing a conversation I had with one of my Lean + Liberated participants, Carlyn. Carlyn is just such an amazing person. I feel honored to be connected to her, like each and every one of my clients. They're all so special and wonderful. It's the best to be running Lean + Liberated. I'm a little bit spoiled in that way. Carlyn actually lives here in Portland, Oregon, and she defines herself as a gregarious introvert which is so just hits the nail on the head with Carlyn. Carlyn's story, I know is going to resonate with a lot of you.

Lucia Hawley:

So, I do want to shout out that, for anyone who has ever had an experience, which I think there's a lot of us, around the scale and the scale number, and having big feelings, either positive or negative, and different actions that we take after we step on and off the scale, you're really going to resonate with Carlyn, as she shares that part of her story with what she's learned and is implemented from Lean + Liberated. So, I really want you to keep your ears open for that conversation, because I think it'll be healing and very restorative for a lot of you listeners. As well, what you'll notice is that Carlyn has hypothyroid considerations, and she was still able to accomplish her weight loss goals, using the techniques and the support from the program. So, I want to shout that out.

Lucia Hawley:

I'm someone who's Hashimotos. If you've been around for a while, you know that. So, I just want you all to know, that even with thyroid considerations, weight loss, in a way, that we value, and in a way that we desire to live our lives is still 100% available to you. So, if that resonates with you, I wanted to shout out both of those before we get into the episode, because it's a really powerful one. Carlyn is just a smart badass. And, I will also note, for anyone who has felt like their weight loss is somehow anti-feminist or goes against these conceptions that they're feeling pressured to hold on to, but they still are thinking about weight, and they don't know why, and they feel in the murk of all that, Carlyn and I totally dive into that. So, this is really the episode for you, if any of that resonates with you.

Lucia Hawley:

So, let's dig in. Carlyn, I'm just so pumped to have you on first and foremost. We're recording on a Friday for everyone listening, and I feel like this is the best energy to go into a long weekend. It's really good stuff. So, thank you for being here.

Carlyn:

Oh, it's my pleasure. Thank you. Thank you for asking me.

Lucia Hawley:

Yes, of course. Let's just kind of, dive in. I'd love for you to share with the listeners, first off, we'll get into how you came to Lean + Liberated, and us working together. But, I'd love to hear your story with weight, body weight, and body image and food. Let's start where you'd like to start with that, so we can have context about this journey that you've been on.

Carlyn:

Sure, I have memories from being pretty young, of being very aware of, the shape of my body, the size of my body and what other people may think about that. I was not one of those little kids that was a tiny little bird-boned... That was not me, for sure. I was thinking about talking with you today, I was trying to think of an early very specific memory and one would definitely be when I was... I would guess I was probably about eight or nine, and I was outside with a group of other kids and our moms were all hanging out. And, this one girl told me and she was my same age-ish... Told me that her doctor had put her on a diet. And, I was, "What's that? What are you talking about?"

Carlyn:

And, she said that she... And, also just for some context, this was the 70s and her mom was a skinny mom in such a very stereotypical 70s way, chain smoking Virginia Slims and drinking Tab out of glass bottles. That type of thing. She told me that... She's, "I'm not allowed to eat anything with wheat, rice or corn." And, I was, but that's everything. How do you eat anything? I'm, "How would you eat pretzels?" She's, "I'm not allowed to." I remember, both thinking that, that was kind of, crazy, but then I also remember thinking, maybe I should do that. Maybe I should do that. That was one of the first really clear memories I have, is, I should maybe monitor or change what is going into my body to change the way that it looks.

Carlyn:

Now, I honestly don't remember if I did that or not, but I do very clearly remember just having that thought. Like I said, I'm 51 years old, so I was born at the end of the 60s. So, I really came up during the 70s and 80s when Weight Watchers was so ubiquitous, other commercial diets... And, I really tried all of those. I tried Weight Watchers for the first time in sixth grade. And, then really, it was really just following the lead of Oprah, wherever she was going. I was, that seems good. Not the shakes, per se, but sort of, anything else. But, just in general, this common theme was definitely just pretty intense calorie restriction and over-exercise for sure. Through my 40s, it was a little more of, I think, what's referred to as just the health and wellness diet, still, definitely restriction and over exercise, but more branded, and, I'm making healthy choices, I'm eating Whole Foods, I'm not avoiding sugar, or I am avoiding sugar or whatever it might have been. But, it was really all a version of kind of, that same thing, for sure.

Lucia Hawley:

Yeah.

Carlyn:

I'm sorry, go ahead.

Lucia Hawley:

No, go ahead.

Carlyn:

I was just going to say, with that cycle of that euphoria of being, I've got such control of this, this is great. And, then often an initial loss of some weight, followed by that vacillation between willpower fatigue and then being super strict, super lenient, and just being grouchy and hungry all the time, for sure. And, then drifting away from whatever the plan was gaining the weight back, and then trying to figure out the next thing, for sure.

Lucia Hawley:

Yeah. I think what you just described, too, that dieting cycle, I'm so happy that you use that word, the euphoria, right? Because we talk about that in Lean + Liberated and in the coursework of, what are those different phases of the dieting cycle? But really, coming to it and understanding because it is cyclical, I think, so often women can beat themselves up oh, why didn't that X, Y and Z diet work? Let me just do this again. But, it actually comes from a partially, it's such a wonderful place of, let me try again, because initially, there is a feeling that feels good.

Lucia Hawley:

It feels motivating in this way, where it's, well, this time, right, it will be different. This time... If I can find the thing that supports me through that initial phase that does have some feelings, I think that's just... I'm really happy that you mentioned that because it's this intersection, right? All of these different emotions that come up, while we're making these tangible changes to our food, whether it's low fat, or low carb or Weight Watchers, etc.

Carlyn:

All of the above, for sure, yeah. No, it's true. It's definitely true.

Lucia Hawley:

So, it really sounds like it boiled down then to, like you were saying, in general, it would just be low calorie. And, then what? Chronic cardio, chronic exercise.

Carlyn:

Pretty chronic cardio, for sure. I don't want to slam on cardio too much, because I love working out still. So, some of those habits I developed then, actually, have ended up being a really positive part of my life. But, the problem was that it was paired with just such dramatic under eating. An example would be, I looked up what my BMR was. My basal metabolic rate. It was 1400 calories a day. Obviously, you would do a much better job, Lucia, explaining what that is. Basically, how many calories are you burning just by living and blinking and breathing and that type of thing. I was, well, if my basal metabolic rate is... If I need 1400 calories, and I should probably eat more like 11 to 1200. Plus then, running five miles and all that on top of that. So, it was not good. So, like I said, definitely chronic cardio, but I think the bigger problem was it was paired with such dramatic under eating.

Lucia Hawley:

Yeah, because that's right, cardio can be this wonderful aspect of our life. And, when we're talking about exercise, even that can become very reductionistic. So, really, it was that balance of [crosstalk 00:10:14], and what feelings, too, was it supporting? So, I'd love to hear, what did you notice in terms of... Because,

I know you've also mentioned, too, that more recently, you had shifted into trying intuitive eating or those principles. So, tell us a little bit about that, too?

Carlyn:

Sure. Well, as I approach turning 50, you know how it's such a thing in our culture, like these milestone birthdays to reflect back and see what's working and not working in our lives. And, I honestly feel... As I was approaching that birthday, I was, well, there's actually a lot that is working in my life, but I was just dang, this whole thing with food, it just is not. So, I knew that the food restriction that had been such a part of my life for so many years, that, that had to go. That, that was not something I could carry forward, to what would hopefully be the second half of my life.

Carlyn:

So, sort of, like you mentioned, I dove in and did some research on intuitive eating Health at Every Size, and really did dig deeply into that. And, I was, you know what, I'm done with this. I'm done with restricting, and I'm just going to eat what I want. And, I definitely learned a lot and expanded my vocabulary and learned more about my own biases around body size, and that type of thing. And, that was incredibly helpful. And, those are lessons from which I've still gleaned benefit. But, I've realized, in hindsight, that I was not truly practicing intuitive eating. And, a lot of that I've learned through my work with you that I just, I couldn't be practicing intuitive eating, because I wasn't really being honest with my beliefs, thoughts, feelings around food and weight. Two things were true. I was less stressed about food, which was great. And, I did gain weight, also. Both of those things were true.

Lucia Hawley:

Yeah. And, what did it feel like holding that truth in your body, because I was just speaking with someone else earlier today, also in another interview for the podcast, and we were talking about how it was... There's also this idea of, coming with an expectation, potentially, to intuitive eating, and I love that you share that, just like any other thing you've tried, you're always going to be learning from any experience, so that there are a lot of beautiful... The principles of intuitive eating are so wonderful, but coming to it potentially with expectations, right? And, then also saying but what if it still doesn't quite fit, what I'm looking for in the long-term?

Carlyn:

Right. And, I guess that was the piece that I really... And, I would say, in the last, I don't know, maybe eight or nine months... Did it start around quarantine? Maybe it did. Maybe that was a catalyst moment, I don't honestly remember. But, definitely through in the summer, I was really wrestling with that balance of, I know there's elements of this that are better. I know, not obsessing, and worrying and feeling like I have to pay the piper, through exercise or whatever, for things I eat, I know that is not sustainable, and I know it's not working for me.

Carlyn:

But then, I was also, and ? I do want my body composition to be different. That's also a reality. How does that fit with this whole idea of wanting to be accepting? You not wanting to be biased. Wanting to use... I've talked to you before about not wanting to be anti-feminist or any of those things. So, that process I was going through was definitely the piece that brought me to working with you, for sure.

Lucia Hawley:

And, what would you say now, because I'm also really happy that you brought up... First off, you're such a thoughtful person, which it's been so fun coaching you because you come to our sessions prepared, you're thinking during the group classes, you're writing down thoughts and ideas. Tell us more about that, what you just said? About this potentially feeling like anti-feminist or it's at odds with Health at Every Size, being truly accepting of all bodies. What are your thoughts now? Or, what are you noticing with... Are there different nuances?

Carlyn:

Yeah, there's definitely different nuances in that so much... What is it? I am lucky to be married to someone who really does love me as I am. I could have never changed my body composition and he wouldn't have cared. Not only not have cared but would have still celebrated me as I was. So, I know that's a real gift to have that. That said, I've taken women's studies classes and all that and I'm the mom and stepmom to three young adult daughters, so I'm very aware of just that impact of the male gaze and that type of thing, upon how we're expected to look. And, in some cases, radically, women are expected to modify and change their bodies to fit whatever the norms are at that time.

Carlyn:

So, I definitely didn't want anything to do with that. You know, it's taken me a number of conversations with you to get to a place where, both can actually be true. And, that's something, you're so good at that. You're so good at providing space to just hold up multiple options. Like, yep, this container can be big enough for both of those things. You can be open and accepting and really strongly believe that stores should provide sizes for all people and that type of thing, and want to manage your body composition in a specific way that those things can both be true.

Lucia Hawley:

Yeah, right. Exactly. That they're not mutually exclusive. And, that if we start to feel that there is this exclusion, then to me, as always, it boils down to, well, isn't that just another should?

Carlyn:

Right. [crosstalk 00:16:44]. Yeah, absolutely.

Lucia Hawley:

That we're not even just believing, but we feel like has been prescribed to us, that we have to be not only internalizing but then we externalize, right? Because, what we do with ourselves is how we're modeling and potentially being in leadership. Definitely. I would say, actually being in leadership in our communities, even in quarantine, when our community feels like, pretty much, our household-

Carlyn:

Right.

Lucia Hawley:

Maybe it's our pets or something.

Carlyn:

Right.

Lucia Hawley:

But, I think it is, it's so profound. And, we can start to say, all of that, there are truth to all of this. And, I can really... If I tune out the noise, what is it that I truly desire? So, I think that's just been such a cool part of your process to be bearing witness to? Because, it is, it's hard to be, oh, but my brain. But, what are? There are a lot of buts and a lot of saying, but what if? Or, can I trust myself that what I'm desiring is allowed as well.

Carlyn:

Exactly.

Lucia Hawley:

Yeah. So, then tell us how did you decide to join the program? Because, you joined towards the end, middle end of this summer? So, tell us a little bit about that, too.

Carlyn:

Yeah. When was it? Maybe the end of July, maybe. So, I had met you a little over two years ago at an event, and I chatted with a lot of people that day, but you definitely... You stood out to me, first of all, because you're a beautiful Nordic goddess, very memorable. And, also, we both had backgrounds working with people with autism and that type of thing, so I remembered you, and I found you on Instagram, afterwards. You'd mentioned some of your coaching. I think your coaching business was relatively new at that point. Or, maybe you were just starting out, I don't remember. But, I followed you on Instagram, read your posts, that type of thing, started listening to your podcast.

Carlyn:

And, that all paired with me just facing the reality and just accepting in myself that I needed some help. I needed some support, because I knew I wanted to do something different. But, all I knew was what I knew. I was, I'm going to have to do something different. And, I was curious about Lean + Liberated. I had a good feeling about you, I knew that I lined up with a lot of your ideas. But, in all honesty, what sealed the deal for me was your approach after the murder of George Floyd, and the upswell of the Black Lives Matter movement this summer. Whereas, there was so many Instagram influencers that really were just tiptoeing around and talking about reading and learning and stuff, that's good and that's important, but you were just so forward and brave about it. And, I just really admired that, how open and vulnerable you were. I was, this is my girl here, this is the one. This is the one for me. Yeah, so I want to just give you those props for just your authenticity and your honesty about that was... That was definitely the kind of the last push I needed.

Lucia Hawley:

I had no idea about that. I'm so honored. Yes, like you said, like birds of a feather, right?

Carlyn:

Yeah.

Lucia Hawley:

What else are we doing here on this earth, we can't just straight up say what we're thinking, and really align with what we value. Thank you. Yeah, that's just such an honor to hear you say that. I appreciate that, as a person, so thank you for that.

Carlyn:

Well, you're welcome. It's just true. It's true.

Lucia Hawley:

I love it. Because, I remember when we were on the phone, because I was taking phone consults for Lean + Liberated enrollments, at that point, I know that you had some... We were talking about intuitive eating and you had maybe a few questions about coming into the program. I know one of them was potentially around fasting. So, do you want to speak to your experience? Because, that's one of the tangibles, right?

Carlyn:

Sure.

Lucia Hawley:

This program is so much like the intangibles, where people are, what do we do? Well, we talk about feelings, but then we do stuff, trust me. But, the fasting, very much, is a tangible portion. So, I'd love to hear and have the listeners listen to you describing your experience with that as well?

Carlyn:

Yeah, absolutely. So, I did have a lot of questions about that. I don't have Hashimotos, but I do have hypothyroidism. And, that's something that I've really worked to manage over, really, the last close to 20 years. So, I had some concerns about intermittent fasting and thyroid disorders, but the fact that, that's something that you deal with yourself, that gave you a lot of credibility with me, so I trusted that. And, then it was really also just breaking away from that idea that breakfast is the most important meal of the day, and you have to start your metabolism and blah, blah, blah, all of that. That was a pretty... What's the word? Like, ingrained part of my beliefs around just being a healthy person.

Carlyn:

So yeah, that took me a little bit, and I didn't start super slowly, but I did ease in with, well, okay, I'm going to start, I'm going to fast all night, and then I'm going to start eating at 11. And, I'm going to eat and then my eating window will end at 8. So, I played around with that a little and it didn't take me long to push that to noon, and then 12:30 and now, for the last month, it's ended up being between 12:30 and 1 and then I and stop eating between 7 and 8. It just depends on the day, sometimes even earlier. But, yeah, it was one of those things that I... It's not anything I had any experience with at all. And, in some ways that, I think, was the real gift of it. Because I was, oh, gosh, is this just going to be another thing exactly like what I've done before? And, it hasn't been. It's been really different. And, I think that's something that I needed.

Lucia Hawley:

Yeah, I love hearing you say, too, well, this is going to be another diet. I'm always upfront with people, we can make a diet almost out of anything, so fasting, 100%, we can get real diety with it. And, it's also

interesting when women come into the program, the coursework, my recommendation is start slow, right? Because, most of us are fasting while we're sleeping unless there's some major issue and typically those aren't the women who are coming to the program.

Carlyn:

Sure.

Lucia Hawley:

Usually, it excludes that. But then, it is so interesting when people either on ramp themselves slowly as I offer in the outline of the modules, or they just jump into the fasting. And, so I love hearing that you took your time with that. And, what have you noticed since then, in terms of... Because, really, the fasting... And, again, for listeners, the fasting is partially so we can have time away from food and start to create that relationship away from a hyper focus on the nitpicking of food choices. But, it's also to say, if we and all the physiological benefits of time away from food, but it's also this super cool time where we can really say, both, what are my thoughts and feelings when I'm away from food?

Lucia Hawley:

And, also... And, I'm addressing that potential habit which can be occurring for people, but, also, what is it like when I'm able to... Oh my gosh, I lost my train of thought. You love that. It was the thoughts and feelings but also, when you're away from food, just noticing what's that relationship with your hunger and your appetite when you are consuming food. So, I'd love for you to share, was there anything that you noticed with hunger cues, appetite, when you were eating and when you were fasting? What was that, and what has that been like for you?

Carlyn:

Yeah, that's a great question. Because, I feel like that's, in a lot of ways, just the bedrock of what I've learned about myself, is that insight that I've gotten through the fasting, is that, I'm used to feeling hungry. You know what I mean? That is a familiar feeling. What was a change for me, and, I think, actually, growth for me, was that piece of adding in that it's perfectly safe, that it's perfectly fine. And, just to practice saying to my body, you can go and just let go a few things if you need to. Go ahead. It's no problem. But, the fasting is... Obviously, I have learned from that, but I would say the piece that I've gotten even more out of, has been using the journal to figure out and plan what I'm going to eat. And, really, because when you're talking about my hunger, what food I want, so if it comes up during the fasting. By 12, 12:15, I'm getting pretty excited to have something to eat.

Carlyn:

Sometimes, if I have meetings and stuff, like yesterday, I didn't get to eat until almost 2 and I was honestly too hungry by then. But, usually I start to think, all right, what am I going to have? I like to do my journal the day of. So, I do it late morning for that day. And, something I realized pretty quickly that I was getting into, was that I was... And, you brought this up a couple podcasts ago, that I was doing my journal as though I was going to be graded on it. And, that I needed to write out, what would be the perfect thing to be having to break my fast? And, it's probably best not to then have a snack and then have something... You know what I mean? That was the vehicle for me to really... And, it's obviously still going on, it's not like I've mastered it. But, to really start to sort through, you know what, you might want to snack, so just go ahead and plan one. And, if you don't want it, that's fine. But go ahead and just plan for it anyway.



Carlyn:

And sometimes, we often will get carry out once a week just as a treat to break up the monotony of quarantine. There's some times, I'm, you know what, I know what restaurant we're getting food at, I don't know what I'm going to have yet, and I'm just going to put from dinner from wherever. And, that's fine. It doesn't all have to be so prescriptive. And, it actually, definitely, had... Me being more honest with my journal, I've lost more weight doing that than not, because I was bullshitting myself before. I was saying, oh, yeah, this is the perfect thing I'm going to do, and then I would be, oh, my God, I'm so hungry, I need a snack. You know what I mean? Then, I would just tear through the kitchen or whatever, you know what I'm saying?

Lucia Hawley:

Because, that perfectionism was really... I think, that's the really fun part with these journals. As much of people roll their eyes at me. It's like, nope. When you're consistent with the journal, it just shows you all those thoughts, and then the feelings from those thoughts that have been either unconscious, or we feel like we just have to power through to get through our days. And, then we get to the end of the day or end of the week with a big question mark, sometimes. What is the missing piece or what's happening? So, I think that's just so profound that you were able to notice, right, and have that self-reckoning. Like, okay, I'm getting a little perfectiony. Where's your focus when you're in a place of perfection? Is it internal, or is it external?

Carlyn:

Hmm. I would say... Oh, my God, it just depends on where my stress is. You know what I'm saying? But, I think in relation to this, my perfectionism is more internal, with myself, talk and that type of thing. Is that what you mean by that?

Lucia Hawley:

Yeah, where that pressure is coming from to be perfectionistic, right. And, it ends up being, uh-oh, I did bullshit myself. Because, what was perfect, didn't actually do the job in terms of feeding yourself or eating enough food or eating the food you really wanted.

Carlyn:

Exactly. So, yeah, I would say more internal. I'm not sure that I answered that question very well, but, yeah, I would say, in general, that's it.

Lucia Hawley:

Yeah. And, that's the work, isn't it?

Carlyn:

Mm-hmm (affirmative)-

Lucia Hawley:

Right? I think it's so common that we can... I've noticed that for some people who come into the program, and this is actually common, so I expect this, but I know some people don't... They can come into the program, and they can, after a few months or so, they can feel really frustrated, and not want to be having that experience or feeling like something's gone wrong when they experience frustration.

And, so I think the coolest part is not only knowing, hey, come to coaching, this is normal. We have to normalize that. But, also to recognize that those feelings, things like frustration, perfectionism, whatever it might be, that's actually the work of that process, to uncover it and say, oh, I wouldn't have expected or I didn't want to expect that, that was underneath some of this.

Carlyn:

No, it's so true. And, I think, too, it's such... Talk about profound. Something you say often when we're meeting individually, in our class, on your podcast, like you talk a lot about. How you do one thing is how you do everything. And, it's, it doesn't benefit me to bullshit myself about anything. I need to be working to being as honest with myself as possible in all areas of my life, not just how I'm nourishing myself. It definitely is reflective of something for me to address and just be mindful of, in lots of areas of my life. Definitely.

Lucia Hawley:

Yeah, exactly. And, when we're starting to create that relationship of seeing, oh, okay, there's a little bit of this tendency in this area, if we just give ourselves that time to really say, nothing's gone wrong, right? Maybe, it surprised me and my nervous system didn't like that prize. Whatever we need, we just allow some of that time. The cool thing to me, and what I see time and time again, is that it then unlocks that portal to say, oh, if I've been a little perfectionistic, then not only how I do one thing is how I do everything, but I've practiced now in this one area. But, I'd like these other areas to change. I have that much more proof that I can change, and it can change from this place of loving awareness.

Carlyn:

Absolutely. Yeah, for sure.

Lucia Hawley:

So, then tell us, within the program, was there anything else that struck you or surprised you, or that has just been part of your journey that you want to share with listeners?

Carlyn:

Yeah, definitely. I would say, I cannot overstate the benefit from just the focus support from the coaching individually with you, and the group calls. The guidelines are pretty straightforward. You and I don't need to talk every week about what the guidelines are. You know what I'm saying? That's not the topic. But, oh, my gosh, just the benefit of sorting through the feelings and thoughts that come up around those guidelines. That is just an ongoing education for me. Also, it's fascinating in the group calls, because there's times that people will be sharing something, I'm, oh, my gosh, this could be me talking right now. And, I get a lot out of that.

Carlyn:

But then, I also get a lot out of the people that are having a completely different experience for me. I'm, oh, that's how that's showing up for them. I don't know, it really helps me feel... I just feel so compassionate for them and it's also just so... I don't know, it's just fascinating to see how we've ended up in the same place working with you, but that we're all having these different things come up for us. We all have these different things that we're sorting through and just to have that support with that clarification, it's such a gift.

Carlyn:

And then, it's also, with the group calls, I love being in the group of people that are all in different parts of the process with you. I remember my very first call with you, there was a woman on the call, who mentioned that she had hit the 20-pound weight loss mark. And, it's, yeah, that's great. And, I remember just thinking so clearly, I don't know that I'm going to be able to do that. That's great, but I just don't know that I'm going to be able to do that. Now, I know I have done that, I have hit that milestone as well. So, it helps me to have that view, when new people come in... Not that I want to just project my own emotions, but it's, I know that... I feel such a drive to be supportive for them because I know that feeling. I know that feeling of being, yeah, this person could do this, and I don't know that I'm going to be able to, but they can. They can, and with so many things, the only thing stopping us, is our own... We just are getting in our own way.

Lucia Hawley:

Yeah,

Carlyn:

So, that's a big one, just how much I've gotten out of that support. And, then I would say the other really big thing is just my relationship with the scale, for sure. Obviously, you're yes, Carlyn, I know we've spent like a million hours talking about this. I would really have to think back to the last time that I let a doctor weigh me. It's just something I've avoided. For a long time in my life, I've just had so much tied up in that number. And, not just, this number gives me good self-esteem, this number gives me bad self-esteem, but then also just spinning, when I'm, how is that even possible? I've barely been eating, I've been working out all the time, how is the number going up? How's it doing that?

Carlyn:

So, I just had to step away from it. So, to buy a scale, weigh myself every day, and then take the average weekly, that was a big... I could tell that I needed to do it because I was so resistant to it. I really didn't want to do it. But, it's also given me such a good tool and vehicle to like work through that whole thing of, this is just data, why does this have to be my self worth? What does that even... You know what I mean? Where does that even come from? You've just really helped me so much just point my... You don't do the work for me. I have to do it. Thanks for that, Lucia. [inaudible 00:37:14].

Lucia Hawley:

Wouldn't it be easy?

Carlyn:

But, you do help point me in the right direction, for sure. That's been... Talk about liberating. There are times, to be honest, where I do get on the scale, I'm, are you kidding me? What's going on there? But, now, I just have more trust in the whole process. Yeah, that's been something I wouldn't have expected, but it's been great.

Lucia Hawley:

Yeah. Well, and I think it's props to you. Because, I remember, in the program, I offered two different options. One is, take photos, right? Because, the things that we're thinking, especially when we're starting a weight loss journey, we have so many thoughts that are so mean about ourselves. So, either

take photos, so there's just stuff outside of your head. And/or let's really address that relationship, and the thoughts and feelings around the scale. So, I'm so excited, and I loved that you were down and just brought it up, okay, I want to do that part. Because, that can be one of the richest experiences because it's hard.

Lucia Hawley:

And, so, for so many of us, that scale, it's the coolest thing to show ourselves, I can do that. Like you said, it's not to feel perfect and ra, ra, and excited all the time. That's not being a human. There's no brainwashing. That's boring, too. Whatever. It's really to say, oh, can I have my thoughts, and can I experience my feelings, and can I do that no matter what, and have love for myself and keep taking care of myself no matter what?

Carlyn:

Yes. Absolutely. It's another example of how the same things come up in our lives. My husband, and I work with a therapist. And, as we're talking about sort of things we want in our relationship, something that he said that I was, oh, my gosh, it's like Lucia's here saying this, he's, "True freedom exists between the feeling and the action." And, I was, that just maps on to so many things. It maps on to just standing on the scale every day. Where am I going to find my freedom in this? Where am I going to find my liberation in this? It's a really cool practice.

Lucia Hawley:

Yeah. And, it's a little bit of exposure therapy, too.

Carlyn:

Mm-hmm (affirmative)-

Lucia Hawley:

Because, if we feel like the scale is creating so much emotional dysregulation... Now, that's always a piece, and I honor when people don't want to use this scale, because that's great, too, again. That's the liberation is to say, you radically allowed for every fiber of every part of your being to do whatever it is you want to do. But, if we're feeling hung up, right, we're having those either subconscious or just murky feelings that are never addressed, it's such a cool feeling to be able to say, oh, I'm going to just dose myself a little bit without feeling like I have to figure it out. Because, I know that that was part of the experience, at least initially, too, with being, okay, I'm hopping on the scale. Hey, I did that for a week, why doesn't it feel better? I thought it'd be-

Carlyn:

100%, yeah.

Lucia Hawley:

It's reconciling with those expectations of, oh, I didn't even know that that was a thought, that this should be figured out in a week or whatever it might have been?

Carlyn:

Mm-hmm (affirmative). Yeah, totally. Well, that's very me to be, well, it's been a week, why aren't I the best at this now?

Lucia Hawley:

And, that again, right, that ties into the episode that you referenced a little bit ago, was that, being the good student. I think that totally ties in, right, as part of that layer of saying, oh, where am I putting these expectations on myself? I'll do the hard thing, but I'll do it to power through, or whatever it might be?

Carlyn:

Mm-hmm (affirmative). Definitely.

Lucia Hawley:

So, what would you say about the scale now? Or, to anyone who's in that middle area that you are in, of been, I've avoided it in the past, and maybe that was really supportive then but I'm looking for something different now?

Carlyn:

Well, I will definitely say, my feeling about it has shifted more to this is data, this is information. And, I'm also, it's actually also okay for me to feel proud of myself. When the scale is going down, that's fine. But then, the key is, like I was saying, what happens after that feeling? What do I do then? And, what are the thoughts that pair with that, and what are then actions that follow? But, that's one piece, is that I'm, oh, nice. But then, also, that when I would say something that was more likely to happen to me in the past, is if I had quote, unquote, a bad week or a bad day. I don't just say, fuck this. You know what I mean? Why am I working so hard? I'm just, okay. And, also if there's a trend or something, then I talk to you about it. Then, I bring it to you, and you help me problem solve it out.

Carlyn:

But, I would say that's been the biggest thing is... And also, because it is just such a routinized part of my day now, it doesn't really have that much emotional weight anymore. Back to that exposure therapy, it's just part of my morning routine. It just doesn't really feel like that big of a deal.

Lucia Hawley:

It's like brushing your teeth, it just kind of happens.

Carlyn:

Mm-hmm (affirmative). Yeah, exactly.

Lucia Hawley:

That is so powerful. And, is there anything you want to speak to in terms of... And again, if you want to share it or not, but I know one of our conversations was around like a plateau. Maybe even two separate plateaus. One at the beginning of the fall and one later in the fall.

Carlyn:

Mm-hmm (affirmative). Yeah, well, something that you helped point out to me is that both of those things were... I did experience plateaus. And, they were both happening during incredibly stressful times. The first one, when the entire Pacific Northwest was being just choked by smoke, and we couldn't even exercise in our house, the air quality in our house was so bad and much less, being outside for more than just a second, it felt like you were just breathing in ash. It was so disgusting, and just incredibly anxiety-producing. And, just to be, oh, I don't have to just power through and have everything be... It's okay, this is a crisis and it's okay for things to be different in a crisis. And, just having that ease with myself, and just being able to just, yeah... Which is also ridiculous that it had to be pointed out to me. But, that was what I needed at that time. I guess, I had some blinders or something on, for sure.

Lucia Hawley:

Yeah. They can be blinders, too, but also that it can be a strength, right, to want to be saying, what else is there that I can do? I'm going to be the person who's going to push through, whether we know it or not. So, it really is, it's those gentle nudges. And, again, just goes to show the power that you've been holding and saying, I'm going to bring this to coaching.

Carlyn:

Right, no, that's hugely helpful. And, the other thing that I've found beneficial for that second plateau later in the fall, was just figuring out a way... So much of this is about that balance for me between consistency and flexibility. Like I was saying before, me getting on the scale in the morning, that's just an automatic part of my day, that's easy for me to be consistent with. But then, there's times when I'm just giving myself that permission to be flexible is just as important. And, one of the things that I've really found benefit from finding some consistency is, I try to just do... Listen to even just a little bit of one of your podcasts every day. Just to do something where I'm... And, you know, I'm a big note taker, I always like to write down my takeaways.

Carlyn:

It just helps me remember my why and help me just keep it in my mind, in a chilled way. Like, in a gentle way. Not in a, you got to do this and check this off the list. It's just, I found it actually just, it's just really beneficial to me to keep it in my mind, keep the tenants of the program in my mind, and those supportive things. Or, I'll go back and listen to a recorded group call that I missed or something like that, just to keep my head in it. That really helps me.

Lucia Hawley:

Yeah. And, that speaks to that shift in habits, right, because our habits are based in our bodies, and our brains. But, in that connection. So, being able to say, this gets to be a part of my day, no matter how tiny that might be, right, like five minutes of the podcast, or however long it might be, or a longer experience. I think that really ties into that power of consistency.

Carlyn:

Mm-hmm (affirmative). Yeah, I found that to make a really big difference. I like it, too. It's not like it's something I'm doing as a punishment. You know what I mean? It's not, do 15 push ups or whatever. You know what I mean? It actually is something I enjoy doing and get a lot out of.

Lucia Hawley:

Yeah, exactly. And, that difference there, and, again, for everyone listening, right, this even ties into the skill conversation. Yes, Carlyn, maybe, has approached the scale differently, right, where we're saying, okay, once a day, you're weighing yourself, once a week, you're getting the average. That might be different than what you were doing before, but the actual act of stepping on the scale, the only thing that's really changed is your thoughts.

Carlyn:

Mm-hmm (affirmative). No question. Yes.

Lucia Hawley:

Yeah. And, so that really speaks to the power again of so much of our group calls and one-on-one calls I do. Sometimes it's supporting people through using the journal. But, even that really boils down to, it's the thoughts and feelings. How much have we talked about which foods you're eating?

Carlyn:

Never really.

Lucia Hawley:

I know, I'm racking my brain. I don't think you and I have.

Carlyn:

Yeah, I don't think you and I've ever talked about that.

Lucia Hawley:

Yeah, I think we've talked about, that you're gluten free because of the hypothyroid, but it's a non factor.

Carlyn:

Right. That's so funny, I hadn't even thought of that. But no, we've never talked about it at all.

Lucia Hawley:

Yeah, So, tell me and tell us like in terms of food and food choices, have things changed there? Or, is it really just that different focus?

Carlyn:

It really is a different focus. As you can imagine, dabbling with different diets since I was in elementary school, I am pretty well versed in what is a healthy food? You know what I'm saying? Like you always say, Lucia, I know how to make a beautiful salad. You know what I mean?

Lucia Hawley:

Yeah.

Carlyn:

I know those things. I understand about vitamins, and minerals, macronutrients, all of that type of thing. But, it's really been... Yeah, I would say that the actual what I eat is not different. It's not different. The part that is different, is doing the plan, and thinking it through ahead of time, what's the reality of my day? What am I in the mood for? What are the ingredients for? My daughter loves to cook, is there something that she's making? So, that type of thing. So then, there's something that has shifted that I... It's not even that I've planned for it, it just has happened... There's something that shifted in my portion size, and I don't... In the past, I've definitely gone through phases of feeling... I guess, really, the word that comes to mind is a little bit of panic. If I don't eat this now, I'm not going to get it. And, that's just less and less a part of my consciousness. I just don't have that fear... I don't have that kind of, lack mentality so much. That part feels-

Lucia Hawley:

The FOMO eating.

Carlyn:

I don't have that so much. Yeah.

Lucia Hawley:

Wow.

Carlyn:

So, that's been. Yeah, that's been something that's honestly just happened, as I've done the work is... And, part of that work, like I was saying earlier, has been just being honest with myself about, what do I want to have today, and then eating it. And, enjoying it and not being freaked out about it or anything like that.

Lucia Hawley:

Yeah. And, that it gets to come, and it can be more nuanced over time, like you've experienced, of noticing, oh, I'm getting a little perfect with this stuff, let me notice now that I can be with that layer. It's really saying, this gets to come from this place of expansion. It's not what am I not eating?

Carlyn:

Yeah.

Lucia Hawley:

So, what am I eating?

Carlyn:

Yes.

Lucia Hawley:

What am I hungry for? And, even beyond that, like you said, your daughter likes to cook, what is happening in my life and in my context, that makes sense for me today.



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Carlyn:

Mm-hmm (affirmative)-

Lucia Hawley:

And, then following through with that plan, that intention.

Carlyn:

Talk about flexibility, that flexibility and working towards trusting myself around that, we call it Lean + Liberated for a reason, girl.

Lucia Hawley:

I know people come in for the lean, but I'm going to get y'all liberated. Let's do that. That's so much more fun.

Carlyn:

It is. Well, and just to see how they tie together, and also to be, oh, yeah, this cycle of, I'm going to follow this perfectly. This is going to be the time I do it perfectly. I know that, that's not sustainable. That's not served me well. And, so to have some tools, where I still feel a sense of autonomy and independence, that's great. It's really positive.

Lucia Hawley:

And, so then just for clarity, too, because you mentioned, right, you hit that 20-pound weight loss mark, how much weight have you lost through this process?

Carlyn:

22 pounds.

Lucia Hawley:

That is so rad. What would you say to Carlyn who was starting, right, who was noticing, and that first call, where you had the woman in the group who was announcing her 20-pound weight loss? Looking back, what would you say to that Carlyn who was starting?

Carlyn:

I would tell her just to be gentle with herself and to ask for help and to trust the process.

Lucia Hawley:

Love it. Yes. And, that it gets to be a process. I know that's something we've chatted about, too, is, again, those deeper layers of saying, oh, this can become habituated. But, when we decide to allow something to become habituated, that means it's becoming a process. We've processed it, we've metabolized it. Just like brushing our teeth is a process and it can be a neutral process habit. It can simply be. So, I think, that really, again, speaks to you showing up for yourself through this process, and letting it metabolize and leveraging time with that and saying this doesn't... It's not just the one week or the one day, this gets to serve me in my life, for life.

Carlyn:

It's true. That's something that I came to just with my last coaching call with you, were just that realization where it's, oh, this is more like my meditation practice. This is not like that one time I trained for and ran a half marathon, which I don't want to do again. You know what I mean? It is a practice. It is more of an ongoing thing. And, yeah, it feels a little silly to say it now, but I realized that I was thinking of it more as something I would just kind of, finish and tick off a list.

Lucia Hawley:

Yeah. And, I think too, just for everyone listening like that, it gets to be okay, if either consciously or unconsciously, that's how we come to something new, because that's probably been what's been habituated for a long time. So, yeah, I think that's just powerful that you've said that. So, is there anything else that you want to share with listeners or speak to about your experience or just clue people in on? Anything else that we haven't covered that you want to touch on?

Carlyn:

Oh, gosh, I feel like you've given me such a great opportunity to talk about so many things that have been such a good experience for me. I would guess just the main thing I would say, is that if someone is feeling a pull towards working with you or joining the group, that I would just encourage them to feel very empowered to just reach out and talk to you. You're very personable. You're so kind and funny and irreverent in a way that really works for me. And, probably would work for others, too. And, just, for them to just have a chat with you and just see if they have questions that need to be answered, that type of thing. And, just to encourage anyone that's listening to know that you don't have to sort through these things by yourself.

Lucia Hawley:

Yeah, I guess, to be human. It's the humanity of it, people.

Carlyn:

Exactly.

Lucia Hawley:

Well, thank you so much, Carlyn, for taking an hour. I also feel like we could keep chatting. Thank you for taking an hour of your time to share about your experiences, because it's like you were saying about the group coaching, we can have such similar experiences like, oh, my God, that person could be me right now and also such opposite experiences, but on paper and in emotion, it can be so similar. So, just speaking to these personal experiences, it's just... Thank you for being willing and brave to come on here and talk about your journey and what you've been showing up to because I know it'll be really impactful for a lot of listeners.

Carlyn:

Oh, thank you. It's my pleasure. And, you make it easy, for sure.

Lucia Hawley:

Ah. Well, thank you. Did you know you can find more support for me on my website? Go to Lucia Hawley, L-U-C-I-A H-A-W-L-E-Y.com to connect.

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