

You're listening to episode 134 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.

All right, party people. Welcome to another episode. I am, of course, and as always, so happy you are here. I want to talk about the concept of being an emotional badass today, what emotional badassery is, how we can see it playing out in people that we consider to be leaders, thought leaders, leaders in their communities, belief leaders, with people that we see grounded down into themselves.

And when I chat with women who desire to lose weight and who are looking to do so from a place of love and curiosity and openness and humbleness, these are the same women who have tried plenty of diets before. These women know that to be fostering the relationship with themselves in which body fat can release for life, and not just for a short stint of time, they know, they might feel more than be quite sure of what will be happening in the process, but they know that a conversation and a willingness and openness to be with their emotions will be at the root of that work.

And I use the word work very intentionally. And I've said this in previous episodes, but the work of being in reckoning with yourself, of being without expectation, without judgment, or simply allowing them to come and then to go is what emotional badassery is.

How does that lead to weight loss? You might be wondering? Because when we start to see food for what it is, and we start to puzzle piece and put into place all the information we have accrued around food and nutrition over the years, which we have. If you've been someone who's done some different diets, you know the ins and outs of food. When we allow that information to settle into our neurology, deep into our bones, what we'll find time and time again is that we have certain beliefs which encourage us to experience certain feelings. And these feelings are not just the thoughts we think. The feelings are actually sensations we feel in our bodies. And many of us, this conversation can be quite simple, but how it shakes out can be one of a bunch of different ways is where this conversation around weight and the deep reckoning with ourselves is individual. Because how one person approaches snack time one day could be completely different than someone else who approaches snack time the next day. We have to be able to hold space for ourselves in our own journeys, with our own processes in order to be the badass.

Now listen, a lot of our egos, I think initially want badassery to be a label. We want it to be the thing that we're doing. But I'm here to ask you today, is it the things that we're doing? Because I bet if you wrote down on paper all the shit that you do, you do a lot of really awesome, cool things. And yet there might feel like something's missing. So I really want you to ask yourself this week, is it the stuff you're doing? Or is it who you're being? How those things are feeling, in other words.

This is a difference between a diet and a lifestyle. Truly, I think it really boils down to that differentiation. As I've said before, how you approach a certain type of food, to someone else that could look like a diet, but to you, the most important part is what thoughts does it reinstalled? And how does that make you feel?

When we invite in our most honest and true liberation, I will tell you what will come up are emotions. And so I'm sharing this on today's episode, because I want all of you who listen to the show to know that nothing has gone wrong. When we have emotions that span the spectrum of those that feel more exciting, and to those that feel less exciting, to those that feel more negative, and then back to those that feel neutral. We move along the spectrum of emotions throughout our days, day to day. We can

have subconscious thoughts, things that we don't even recognize that we're saying to ourselves that shape how we view the world.

And so this work of being an emotional badass and being with our emotions in a badass way, all that means is that we're allowing the world to spin as we are reserving the right to take the time to notice what we unconsciously or subconsciously are choosing to believe about ourselves. And it can be about ourselves in the present moment. It can be about ourselves from a memory from long, long ago, or it can be about ourselves and what we believe about ourselves in the future, what we believe to be true then.

But if we allow this work to be the work of weight loss, of stepping into ourselves, not from the place of saying, well, I just need to eat X, Y, and Z. And then my life will be fixed forever and ever, and then I'll feel good. What I want you all to know is that you have the capacity for any feeling that arises. And the more we allow ourselves to feel our feelings and to feel safe enough to reserve the right to have space in our lives, to feel our feelings, the more you will find and create proof and evidence that those feelings are here to support you.

Think about feelings, if it's helpful, similar to cravings. Our cravings, at the root, are simply calling cards. They're like little arms reaching up to hold a question card. They're an invitation inwards. Conventionally, how we deal with cravings is that we then try to look outward for how to manage them. Oh my god. I need to eat this food. Oh my god, no, I shouldn't be eating that food. Oh man, wait a second. Nope. It becomes a distraction. It becomes a whole habit in and of itself. We make cravings to be bad. We make the experience of a craving to be negative. We put shoulds on top of all of that experience, when really the craving is simply a signal coming from within.

But if it doesn't feel safe enough for us to even reckon with the feeling from within, it won't matter how many times we try to avoid or indulge in the craving. That will continue to reinforce the old belief around cravings. They are bad. I shouldn't have them. They're bad. I shouldn't have them. Oh my god, they're bad. I shouldn't have them. It reinforces that whole cycle.

So emotional badassery is recognizing we have certain thoughts and beliefs that lead to certain feelings, and they create circles and cycles that reinforce one another. And all we're doing to step into our more badass lives because we can already have some pretty badass lives already, by the by, all we do is that we start to question, would I like to continue the cycle or would I like to trust to stop the cycle, no matter at which point it is in that cycle. It doesn't even matter which one. Would I like to stop it, turn inward and become curious? This will always be the most beautiful way to dissolve any cycle, whether it's a cycle of negative thoughts about ourselves, a cycle about the scale, a cycle about weight loss progress and process, a cycle about feeding ourselves, a cycle about how clothes fit us, a cycle about our time or abilities, a cycle that is the dieting cycle, a cycle where we focus on everyone else except ourselves. No matter the cycle, we always hold the tools within ourselves right now at this very present moment, to ask ourselves, would I like to continue this?

Now here's the rub. When you ask yourself that question, you have every right to say, yes, I do want to continue this. You also have the right to say, no, I would not like to continue this. This is the beauty of what we can do as humans. This is the beauty of being able to put words to our thoughts, our feelings, our emotions, our experiences, our desires, our wants, our needs. So this week, I invite you to ask yourself, would I like to step into my emotional badassery with full knowledge that it is 100% there for me? And any emotion that I do experience, I am allowed to experience. Any emotion that I believe should or shouldn't be here can simply exist without expectation that it needs to be fixed, managed, or can go.

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When you lay this foundation as a foundation around weight loss and weight loss conversations, I think what you will all find is that it becomes a shade of simple. And when I say simple, I don't mean easy, because what you might find is that the cravings at the end of the day are signaling to you that you desire to take care of yourself earlier in the day. And that the extra portions of food were one way of offering to you a place to focus on yourself. And now, because of this brave reckoning and emotional badassery, you're allowing yourself a new opportunity, the opportunity to step in lockstep with your emotional needs, because they are the signals that have been hoping you would listen.

This will always change what we think should be happening, what looks good on paper. This will change it and be the bridge to what our actual needs are, what our very human, living, breathing needs can be. When we stop and listen to ourselves, that is the emotional badassery. Take stock of those who are idols to you, those who are containers for reckoning for radical existence in the ways that you find profound. How do those people exist? I would bet that they are emotional badasses. I would bet that they take the steps to simply be in reckoning with themselves. And when they do that, the key starts to open as they're beginning to play around with being in lockstep with their needs and their wants.

This is a type of work that is priceless. And so today as this episode hits your ears, remember that. Emotional badassery is for anyone and everyone. It is unique. It is for you, by you. You are never too much. You are never too little. You are a whole. You're already an emotional badass. And if you'd like to invite yourself into being more of yourself, of embodying all of the corners and edges and pieces of you, that is always within your wheelhouse. And you are in charge of that process.

I'll see you on the next episode.

Did you know you can find more support from me on my website, go to Lucia Hawley, L-U-C-I-A H-A-W-L-E-Y, .com to connect.