

You're listening to episode 140 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. What's up my people? It is a snowy white day here in Portland, Oregon and I, yes, I will say it. I am loving it. I'm loving it from the safety of my warm house. It will make for a very cozy weekend. I have the honor of not needing to go anywhere. I am fully here to be embracing the snow in the winter of 2021. Pretty lovely. We are talking about a subject that I know so many people dread, which is the weight loss plateau.

Here's what I want you to know about plateaus when it comes to your weight loss journey. I want you to feel equipped to start to change your story on what a weight loss plateau means. Because more times than not, what we do when we're losing weight is we're very fixated on the scale number and we have pretty crummy thoughts about ourselves and what that scale number means about us. And so when we hit a plateau with the scale number, because if anyone ever really talk about plateaus in terms of photos that they're taking of themselves, or how much joy they're experiencing, or how much they love their food, or how fun it is to be moving their bodies. No. When we talk about weight loss plateaus as a society, we talk about the least important part of a weight loss experience, which is that god damn scale number.

Now we talk about the scale here and I have my clients in Lean and Liberated use the scale. We have a certain way that I have them weigh themselves, but we do it because it's an exercise for them to understand their relationship to themselves. Because when you hop on the scale and it doesn't feel good, well, literally hopping on the scale is going to feel pretty neutral, right? If you're able to step on it and step off of it. You probably aren't slipping on it. You probably didn't conk your head on the tub. I hope you didn't, as you were stepping off of it. Probably what's happening is that you step on the scale, there's a very mean thought or belief about yourself that has been floating around in the ether, and that scale number triggers you to believe that that mean thought is truth about yourself. Oh, I'm so lazy. Oh, there's a number.

I can't believe last night I had so many snacks after dinner. I really liked the dinner. Why did I have all those snacks? Why can't I just get this right already? Boom, all those mean thoughts about ourselves. We try to both motivate ourselves from a negative space and we try to do that by reinforcing old stories that literally are not true. You could believe today, and now listen, this is why we coach because there's a specific way to create new beliefs and then create the proof ahead of time that those new beliefs can be your truth. But you could literally today decide I am no longer available for the old beliefs that make me feel crummy, meaning I'm no longer available to make myself feel crummy, meaning I will no longer talk shit to myself about myself. When we bring that to the subject of weight loss plateaus, what is happening there is that we're coming across a new belief that we might not have understood that we have already had in our brains about ourselves.

Let's say that your goal is losing 30 pounds and you get to pound 12 that you've lost. Those pounds up to 12 pounds lost, they've just been bopping along. It hasn't felt too crummy. You've been eating the foods you love. You've been letting yourself eat to satisfaction. You've been deciding to show up to being in your body physically in a way that feels good and groovy. You're getting your asleep. You're taking charge of your life and you're doing all this stuff. Then you hit 12 pounds. After a week, it's still 12 pounds. Then after another week, it's 11 pounds loss, not 12. Oh my God, you gained a pound. You have now what I would like to tell you is an opportunity. You have the opportunity to create a new experience for yourself. This opportunity for you, when you experience weight loss plateau can go like this.

Oh, I see the scale number is at a place that I have seen before. This is not what I expected. Oh, because it's something that I didn't expect, I recognize I'm having some feelings that I'd actually like to not be experiencing right now. Why don't I want to experience those right now? Because I think that life should not, and this experience should not ever have any of those feelings that are negative. Why? Because I believe a story that weight loss has to go in one certain way and I have to do it perfectly. Why? Because if I don't do it perfectly, then that must mean it's not working. Why? Because if that's not working, then that means that I truly am as horrible and as bad as I believe myself to be. Why? Because, and this is where you might find a story that you didn't know was there. It's something called a reference experience.

A story maybe from your past that you might not have even realized is contributing to your thoughts and beliefs about yourself when you experience a weight loss plateau. Now that story isn't for me to tell you what it is, what this episode is about is creating space for recognizing that a weight loss plateau can actually be either a normal event or even a positive event. When I say positive, what I mean is that this weight loss plateau is an opportunity for you to dive more deeply into your old beliefs about yourself like the subconscious ones. The ones that you didn't know were there. All it required was something so simple that you didn't even have to work for, which is this brief plateau with the scale number, which let's remind ourselves isn't even all that important. I want you to go back to the episode, How to Love Yourself Down the Scale because that will also really be helpful.

If you hadn't heard that one yet, I'll link it in the show notes so you can just click it and know the number. That one will be really helpful for you to understand that our whole view on scale numbers is that once we get to them, we'll be happy. We might logically know at this point because we're smart badass women that the scale number isn't going to make us happy, but yet we don't feel safe enough to truly believe that. Because if the scale number doesn't make us happy, then what the fuck will? When you experience a weight loss plateau, this is your opportunity to understand your own stories more clearly. But what it takes isn't to double down on the diet, get out of the plateau because it's uncomfortable. It isn't to restrict yourself more fully and for longer periods. It isn't to go dive into one more workout.

The opportunity that the weight loss plateau offers you is a chance to be with yourself. This is the core work of weight loss is finding opportunities at any turn to invite being with yourself, and not only being with yourself, which is very radical, might I add. That's the liberation is being with yourself. But not only that, but once you are with yourself, it's then saying, I am so loved by myself that no matter what I show up to my present experience, fully unabashedly and holy. What you'll start to find is that the weight loss plateau was never about that god damn 12 pounds or 11 pounds and the meaning of the pounds. It's about everything deeper. What if the next time you experience the weight loss plateau you allow yourself to sink into celebrating it? Because the more we do that, the more you'll see that's what we were looking for anyway, was to tend to our own energy leaks that we didn't even know where our energy was leaking.

Now that we have that awareness and we create play and curiosity and wonderment with that, we get to do the most beautiful thing in the world, which is to choose to take care of ourselves. Try that out this week. Think about the last weight loss plateau you had. If you have one coming up, which guess what? If you're losing weight, you will. Repeat this episode as much as you need. Remember, weight loss plateaus are here to serve you. They can be your friend too if you allow them to be. Did you know you can find more support from me in my website? Go to Lucia Hawley L-U-C-I-A H-A-W-L-E-Y .com to connect.