

You're listening to Episode 171 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.

Party people, welcome back to the show. I am so very pleased to have you here. I feel like we're all hanging out in a room together. We've got the comfy couches. We've got nice, cool drinks in our hands. We've got a cool breeze coming in from a couple of windows. We've got a cross breeze. We've got the windows. There may be a door open and we're just hanging out. We're just talking. We're talking things up and we're having all the feelings.

So, on today's episode, this is what we're going to talk about. We're going to talk about anti-diet culture from the inside out. This is such a crucially important part of losing weight for the last time, because I know that many of you, if not the majority of you, who listen to this show, you want diet culture to no longer be a thing. Likely, for many of you as well, you want diet culture to no longer be a thing and you also have thoughts of wanting to lose weight and you don't know how to reconcile those two things. So here's what I want you to know. There's actually nothing to reconcile because if you're feeling shame around your desire to lose weight, like you should not want to lose weight, if you're feeling some guilt or shame around your actual authentic desires, that, my friends, is diet culture.

There's no reconciliation between wanting to lose weight and diet culture. If you're just shooting all over yourself, the shooting of ourselves is the diet culture. Conflating the act of losing weight to the act of engaging in diet culture doesn't actually help you get rid of diet culture and it, for sure, doesn't help you lose weight. Because if you listened to last week's episode, which was a best of episode, I implore you to go back and listen, if you haven't already, because it is so good, how you lose weight and how you keep weight off for life isn't by hating yourself down the scale, because what does that get us? If you've done plenty of diets before, which I know you have, when you've lost weight, by dieting yourself down to the bone and you diet really hard, you do it really strictly, you don't enjoy your life. You just try to get to that goal weight, what happens?

You literally set yourself up to gain the weight back because, of course, staying at that low weight, you only learn how to get there through life-taking away actions. Like, instead of life-giving actions, they're like life-taking away actions. You learn how to get there from restriction and you learn how to get there from scarcity. So, of course, you're not going to want to stay there because your brain, your nervous system, your body actually wants you to live an abundant life.

This is always a kicker when people start to conflate actions; the things that we want to do to get to a certain place as being very prescriptive, that the only way to lose weight is with a strict rigid diet. It might feel like that's the only way to lose weight because that's the only way up until this point that you have lost weight so far, and I feel very adamant about this because we don't actually have the time. Let me put it to you this way. We don't have the time to sit around and wait for diet culture to go away and wait for other people to take it away for us. It doesn't actually work like that. Being anti-diet culture from the inside out means that, of course, if you have a weight loss goal, you are 100% ownership and responsibility overachieving that for yourself. It means, of course, if you never want to talk about these subjects again, you feel total clarity and you let that fully be your reality.

But to allow yourself to stay stuck in the murky middle, like not the great gray area ... My clients know, we talked about the gray area a lot. There's a great, like an awesome thumbs up gray area, but there's also a murky middle where we think we're making choices, but all we're really doing is practicing

reflecting so often that the only action that we're actually practicing is the reflecting instead of reflecting, looking at all the options we could take, and then making a decision and carrying forward with that decision.

Do you see the difference there? That difference is so key when we're looking to dismantle diet culture, because the messaging of diet culture tells us what? You can't trust your body, it's broken. You definitely can't trust your cravings because they're coming from a broken body. Your feelings are overwhelming and you shouldn't have any, and when you do, they are too much so you should definitely numb out from them. It's also telling you that you shouldn't trust your thoughts; that there are things that you should be doing with your time; that you should do something completely different than what it is you actually want to do. Because that's entire practice of diet culture, when you actually get to the space where you ask yourself, what is it I want, you have absolutely no idea, or so you think.

I want you all to be hearing this message that to be anti-diet culture, it actually comes from you taking the actions in your life to allow yourself to have a life that is naturally above and beyond diet culture. When we're only paying attention to whether something either is or isn't diet culture, when we're only paying attention to following all the information, information gathering, doing the researching, trying to figure out what is or isn't right, I just really want you to feel this message today that when that is what you practice, that literally is what you practice. It's a really, really common pattern for, really, especially I think very smart, empathic, and like fairly sensitive women, it's very common for people who fall into those categories that accruing information has been a strength of theirs. That being the listeners first was probably the action that felt safe initially and now it's become the habit so much so that action isn't really happening anymore.

So I want you all to be coming home to this message. Not that you have to go feel completely wiggled out to make choices and go do things really differently and do things really quickly if you do things really slowly, and to never reflect again. I honor if your brain is saying, "That's what Lucia is telling me to do. I better do what she's telling me to do because that's how things are going to be different," slow your roll. Your brain is offering you overwhelm and confusion and what I want to offer you with this message today is that you have full permission to tune the noise of diet culture down by turning the volume up on being with yourself and practicing feeling safe with what that actually feels like. Because life is lifey, so when we first started to practice, which is all we're doing in Lean and Liberated is we're practicing being in our lives right now. When we actually practice that, we're going to have the thoughts and the feelings that are going to come up in that experience that we actually have to embrace not knowing what to do with at first.

Now I teach you very simple strategy in Lean and Liberated for how to feel your feelings, how to know exactly what to do with your thoughts, but, initially, just like when you practice anything, initially, when you were learning how to write, of course, you didn't know how to draw your A correctly or write your A correctly. Of course, you knew your name, but you didn't know how to write it down at first until you did. So I want to honor for all of you who are like, "I'm ready to lose weight. I understand that I am also anti-diet culture, but I don't want to be like reflecting on that so much anymore," I want you to honor, if that is what is calling to you, you don't have to be reflecting anymore. You don't have to reflect perfectly. You can take action that your brain is going to say, "This feels messy and legit. Nothing has gone wrong," because that is exactly how you practice.

You have to give yourself the grace that you would give a kiddo as they're starting to learn how to write. How much grace do you give that kiddo? Probably buckets, and it's probably a day by day experience because you know there's no rush. If you try to rush a kid into learning how to write, what's going to happen? They're going to get overwhelmed. They're going to be confused. They're going to feel this

external pressure, that you're going to make it all mean all these things that don't apply at all truly, when you look at the truth of it, of practicing a new skill.

That is all that weight loss is, is that you practice the skill of eating foods that serve you, that serve your body, by understanding what you're feeling, what you're thinking and the actions that come from those thoughts, both unintentional and intentional. You show up to that daily as a practice. That is how you lose weight, and it is so radically anti-diet culture when we come to the subject of weight loss from this place and like this deep well of love, that's what dissolves the diet culture. Diet culture doesn't exist in a land of love. It doesn't.

Here's a beautiful thing for those who love to get [inaudible 00:11:17] with me. When we're in that land of love of like actual deep authentic love, not just the unicorns and rainbows, but like unicorns and rainbows are there on like the island of love, they're there too, okay? But sometimes they're just like trotting around on the other side of the island. That's fine. When we're on that actual island of love, deep, authentic, true, radical love, the reason diet culture can't exist isn't because we're contrary to it and we're doing things in opposition to it. It's actually because we start to love diet culture for all it's shown us. That actually makes me incredibly emotional to say that.

One of the biggest homecomings we can have in our lives when we're looking at these subjects of diet, culture, and weight loss, and the shoulds that society has told us that we need to put on our bodies and whatever else, one of the biggest homecomings we can ever offer ourselves is to fully understand and integrate what it is that we desire for ourselves. So, of course, that means we do have to hold space for everything diet culture has taught us. We just have to love it. We don't have to be best friends with diet culture, but we have to understand it and embrace it because once we do, that's how we let go of it.

I want you to think about it like a bully. When diet culture, the bully, is asking for a bunch of attention, it doesn't actually do us any good to like outgrow and move beyond the bully to pay it all that attention. Yeah, we might have to get a really smart adult involved, but once we feel safe, which that adult being involved with diet culture is like your nervous system, once your nervous system feels safe, once it really understands, "Okay, this is how the bully works and acts," the power move is just to pat the bully on the back and to go about your business because you know the bully's actions are just trying to get control over you.

So the biggest, the most royal and most deeply loving fuck you to diet culture and the bully isn't to go talking about the bully all day long, that's just giving them negative attention instead of positive. That's what it wants. The biggest way is to say that there's space on the island of love for the bully and they're welcome to play there if they like. That's how we change diet culture and we do that from the inside out. We do that by looking at those things that we think are shadows within us, and we recognize it's all just here to be loved and that love happens on days that are so fabulous, and that love happens on days that are shit. That are so like, "What else could puppy pile on to this day that would make it even more of like a garbage can of hot dumpster fire?" Okay. That's the job. That's antithetical, just to find the thread of loving no matter what.

That's the radical liberation. Do you hear that? The radical liberation isn't to say, "Screw you, diet culture," and then go follow all these anti-diet accounts that just keep you focused on being anti-diet culture. Good for you if that needs to get like the pendulum swinging in the other direction, but actually everything is direction-less. There is no pro or anti. The all or nothing thinking is the diet culture. You're still playing in the paradigm of the bully when you believe it to be that way. The ultimate healing, the ultimate reconciliation, is coming home to that island of love and self-defining it, where you decide, "These are my rainbows. Those are the unicorns. This is the shady spot. This is my heart that beats. This is my appetite. This is my hunger. These are the foods I create for the people I love. This is my satisfaction. This is my tiredness. This is my energy."

This transcript was exported on Aug 26, 2021 - view latest version [here](#).

When we come home to those subjects, you will find that diet culture can't really hang out with you anymore because it just doesn't make sense, but there was no fight to it. You catch my drift? Anti-diet culture comes from the inside out. It comes from us deciding and taking the action to love ourselves, and we do that for those who are like, "Well, how do I do it?" You do that by showing up to the small moments in your life and being present with them. You do that by deciding to take the actions that might look like nothing to everyone else, but are something for you. That's how diet culture fades. That's how we shift the narrative. That's what we offer to younger generations. That's what we value. Pay with that this week. Anti-diet culture starts with you. You don't have to be contrarian. You can, if that supports you. The island of love has space for all of it. It comes back to loving. It comes back to awareness. It comes back to allowing your brain to judge everything, and allowing yourself not to judge your brain for doing that.

Thank you all for being here. If you're ready to take these insights, the subjects that we talk about on this show, and you're ready to be like, "I'm anti-diet culture and I'm here for simple weight loss," shoot me a message on Facebook or on Instagram and let's connect. Let's get you grooving with simple weight loss that is done with a doable plan that you create because you are your best captain on this ship. That's how you do it. When you're ready to get going, I'll see you there. Bye.

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, .com to connect.