

You're listening to episode 188 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.

Alrighty right. Party people. Welcome. Welcome. Guess what? We're in January, 2022. I'm just so blown away by this year already. And I know it's going to be an expansive one. How about that? It's not going to be a good one. It's not going to be a bad one. We're just going to be more present, more available to our emotional selves and that's leadership. It really is. Time and time again, if you really look at what authentic leadership is, it is people being present and allowing themselves to know they have the capacity for that presentness with themselves, by themselves and in front of other people. Truly. Go look at the people who are leaders to you. What are they doing? They're being present. They're not just like meditating necessarily. Meditation's pretty great though. They're just being present. They're taking the world in and they're not being in reaction. They're simply being aware.

So this week I have another best of episode. I hope you loved Emotional Badass last week. I hope that really helped you build yourself up as we came into the new year. And now that we're in the new year, I wanted to make sure that we had another episode where you could be chewing on and really doubling down on your relationship to habits. And so I thought, what better episode than another fan favorite, which is a habit honeymoon. Then you're going to learn all about what the habit honeymoon is, why it's okay, why it's normal, why you can expect it this month, because I'm going to bet that you... Even if you aren't changing a bunch of habits, I bet you've had thoughts about your habits.

I bet you have reflected on your habits as you shifted from December into January. That's a very common thing we do culturally, and it's totally normal. So here's a way for you to think about your relationship with your habits. I hope you have such a great week and let's get into the episode.

My party people, it is snowing outside here in Portland, Oregon. This did not happen last year, but it did happen the year before. And those are the only other two years of my adult life that I can compare this snow to other snows in Portland, Oregon. But it's super fluffy and pretty. And I for one am enjoying the snow from the inside, because your girl is cold, but I think I might go give the dog a walk just around the block to reminisce about snow, because it's been a little bit.

Today we're talking about the habit honeymoon, which is a concept I came up with when I was writing out different ideas for this podcast and different takeaways that I've noticed from coaching programs over the years. And whenever I'm in a coaching program myself, which I love to be in because I think coaches who do get coaching are some really cool people, what I notice is that it takes a very skilled coach to support their clients through this phase of the habit honeymoon. And I think the habit honeymoon is... Has similar vibes to portions of the dieting cycle. And what I mean by that is if you've learned about the dieting cycle before, if you've listened to me talk about on the podcast before you know that the dieting cycle has some different phases. And one of the initial phases of the dieting cycle is this euphoria with the idea of whatever diet we might be starting.

And remember a diet can be tangible like literally like, "Oh, I'm going to do X, Y, and Z diet where I eat this, remove this way, blah, blah, blah." Or a diet can also be a way of thinking that is reductionistic. And the reason that it can become a cycle when we're dieting, either in that tangible or less tangible way, is because one of the first and initial phases of the diet is that euphoric experience of making a decision, following through with a decision and noticing changes. Initially we feel really proud of ourselves when we decide to do a diet and we stick to it and we're following through on it. And when it's a tangible diet,

like a food and nutrition diet, often those diets are supporting real unprocessed foods. We maybe have reduced our sugar intake or our flour intake or refined oil intake, or we're reducing our alcohol intake.

So oftentimes it's a two-parter with a dieting cycle because we both have decided to commit to show up to ourselves, to follow through on a goal. It feels different than the last time. And we also experience some euphoria from a physiological standpoint and we do tend to feel better overall when we are consuming primarily foods that are more whole and unprocessed. We have that truth of being in human bodies that evolved to eat certain foods. So the reason and I'm bringing up the dieting cycle is that we have this dose of euphoria, of being bright-eyed, bushy tailed with this new commitment to ourselves of feeling really happy.

And maybe we feel prideful. We get excited. That in and of itself is actually now that I'm talking about it here, part of the habit honeymoon. When we decide to strike out, do something different, maybe we're returning to a habit that served us before for X, Y, and Z reasons, we are going to have a honeymoon phase because just like a honeymoon with a partner, like a relationship, a loved one, that honeymoon is representative of a relationship, of being in relation to something else.

We're in the euphoria of it. We're in the ease of it, the flow of it. Now, just because that is the initial phase of that habit, this is the key point I want you all to hear today is that it doesn't mean that when the honeymoon ends that anything has gone wrong. This is different than that beginning phase of the dieting cycle when the euphoria ends, because in that phase, the whole reason we've gone into that dieting choice is from a place of restriction and scarcity. We're trying to be something that we think we should be. We think we're trying to be less of something or be more of something in the eyes of other people because how we eat for one person could be a diet and for another person could be their total and utter liberation.

So we have to be nuanced through these conversations because it's how we approach and what we think and we feel when we're taking certain actions throughout our lives. And so all the foundation and the backstory to what things look like. That's how we can start to decipher whether or not we're engaging in a dieting practice, or if this is part of the discomfort of stepping into our own true selves and feeling more liberated by taking those liberating actions. So for the honeymoon habit, what I notice is that oftentimes when we start something new, even, and especially, when it's in support of our most liberated self, we can start to confuse it with a diet. We can confuse it with the euphoria, that initial phase of the diet. And then we can start to feel like, "I'm just doing the same thing I've done before this won't work out X, Y, and Z."

And we can basically take that honeymoon phase of the new habit, whatever it be, insert blank, whatever new habit you're working on, that's like for you by you, we can take that and we can start to manipulate it and put it into the cycle of dieting and turn it into a diet. Why do we do that? Because our brains are hella amazing and how we do one thing is how we do a lot of other things. So when we're trying to do this new thing, that is for us by us, we can almost... It's almost a phase of... It's almost like a hint of self-sabotage except it isn't because all it is is us doing something in the way we've it before. I want you all to know right now, because this is releasing end of January. And we've had weeks of dieting messages being thrown on us, especially with additional stressors like that insurrection and the inauguration, which was amazing, but also there's stress around that as well.

We're in some of the worst times of the pandemic in total deaths every single day. If you're also feeling additional pressure and stress, and you felt like those habits that you chose for yourself, that you were very much like, "These were not from a dieting cycle. These are for me." If you're starting to feel like those habits you chose are a little bit raggedy, or they're not as fun as they were before, or they don't feel as full of ease as they were before, I want you to know you were probably in the honeymoon of a

habit, nothing has gone wrong. And all you need to do is come back into yourself, take a beat, take a couple breaths, and now ask yourself, "Wait, why did I start that habit in the first place?"

That is a radically different energy than, "Oh my God, I just have to go do that habit thing that I have been kind of like now not really doing as much." That, my friends, is a difference between a liberated way of speaking to ourselves. "Oh, right. What's my reminder? What do I value? Why am I coming back to you? Why did I start that habit in the first place? Hey, why did it feel so good initially? Hey, how can I appreciate that as its own sacred thing? And how can I allow that to be different than X, Y, and Z diet of the past? How can I trust myself to know and drop into allowing myself to have this relationship and to trust that the relationship can grow beyond the honeymoon phase and that the honeymoon phase is a beautiful part of it, but there are also beautiful parts beyond it too, and if I allow both of those to be true, I can then experience the truth of both of them."

It sounds a little ironic until you give it a go and just think about if you have been in a long term relationship, if you have felt that there's those different phases of a relationship of someone else you're with. It doesn't even have to be romantic. Honestly, think about different friendships you've been in. Think about your relationship to your dog or your cat from kitten or puppy to adult cat, adult dog. Think of those different phases. Is it bad that your dog stopped being a puppy and grew up and became a dog? Is it bad that you have a different relationship to that adult dog versus a puppy dog? No. We know we can look at our dogs, god love them, for what they are right now. And we can appreciate perhaps how that relationship started and understand that of course it's going to be living and breathing and shifting and changing.

That's the reality of it. I want you all to take that energy into those helpful habits that I know many of you have come to. I know a lot of you actually had holiday seasons that felt very freeing, that felt like you didn't have to go through those cycles of holiday food and feeling shoulds and feeling emotional heaviness around these food choices and pressures. And because of that, I know a lot of you came into this new year being like, "Hey, what would I like to do for myself, if anything?" I know that there have been habits that have been practiced beyond the holidays, like before them, that are now you're able to reinstate and come back to you with the fresh eyes of a new year. So I want you all to hear this. It's okay to have a honeymoon with your habits.

And it's okay that if you allow yourself to stick through with those habits that are serving you from a place of something that you value, that are more than just what looks good on paper, that are more than just what the magazine or the coworker said to do. I want you to know that it's okay if there are ever feelings that come up that are at face value, less than perfect and less than positive. Remember, we can have a honeymoon phase with anything we're in relationship with. And we are in relationship with our habits. So allow it to be normal. If you're noticing a different relationship with those habits, allow it to take some pressure off of yourself this week to say, "It's okay. And it's good that this relationship is changing. I don't have to judge it. I can simply let it be."

And I think what you'll find to be so amazing is that when you let that new habit be, and this is so meta, right? But, this is what we have to do. We have to talk about this stuff. When you let that habit be, it will let you be. And you will notice any of that mind chatter that started to come up can actually be supportive for you. It can be this new portal in which you can step into and start to see, "Aha. I see the pressures I was putting on myself. I understand the judgment, that it was trying to creep in with this new thing, this habit that I was in relationship with and building a relationship with." If you would like those thoughts and feelings to be yours, of feeling the capacity to be with and be in relationship to your habits, that is 100% available to you right now, it's available to you today.

You are able to be that person today. It's not one more thing on the to-do list, either. It simply is. You're already being you, you are all ready 100% complete and whole. You and your only job if you would so

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like is to be more of yourself. And I do hope that the honeymoon phase of any habit that you've been engaging with is here to serve you just like the phase before it and the phase after it, because we all know, we all know in one relationship or another, the beauty that comes from open communication and open support. So I hope you allow your habits to support you this week. And I hope you allow yourself to support your habits too. Thanks for listening. 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.