

Balance365 Episode 160 Transcript

ANNIE BREES (INTRO)

Welcome to Balance365 Life rRadio, a podcast that delivers honest conversations about food, fitness, weight, and wellness. I'm your host Annie Brees along with co-founder Jennifer Campbell. Together we have a team of personal trainers and nutritionists who coach 1000s of women daily and are on a mission to help women feel happy, healthy, and confident in their bodies on their own terms. Join us here every week as we discuss hot topics pertaining to our physical, mental and emotional well being with amazing guests. Enjoy.

ANNIE

Alright, my friends, today's gonna get a little deep, it might bring up some uncomfortable feelings. Well, that's definitely what we're hearing from our community anyways. Partners and weight loss, it's probably one of the most common shame and panic inducing experiences our members have, watching their partners drop weight fast. Today, we're going to help you unpack that so you can get to a place of peace. And before we start, I'm sure you all know that our program just closed. If you missed out, head to the link in our show notes and get on the waitlist for our next enrollment. We don't want you to miss out. Enjoy.

ANNIE

Hi, Jen, how are you?

JEN CAMPBELL

Great. How are you?

ANNIE

I am so good. I like this topic. This is something I've experienced myself personally. Have -

JEN

Yeah, me too.

ANNIE

You, too? Okay.

JEN

Yeah.

ANNIE

And something that our members have experienced, which is why we're talking about it, right? And that is when you are triggered by your partner's weight loss. And really, this could be applied to anyone.

JEN

It could be, and I would also want to say maybe it's not weight loss, maybe it's like a body composition change, or even just actions like watching your partner take actions in certain areas, like with their health, with their wellness with their fitness.

ANNIE

Mm hmm. It can stir up some thoughts and some feelings and ourselves. And I have experienced this in a partner, but also a girlfriend. And I think a lot of what we're talking about can be applied to, you know, if you have a girlfriend, a sister, a family member, someone that's close to you, right, that goes through some sort of change?

JEN

Yeah, I think that there are special considerations when it's a partner. Because a lot of the messages we get about...hmm, what makes a good partner? A valuable partner? The type of person people stay with?

ANNIE

Yeah, and just the idea that you might be in a situation where you are in close proximity and can't escape viewing some of this right? If you're in the same, under the same roof.

JEN

Yeah, so we hear a lot, and that's why we're doing this podcast. One of the things we hear quite often from women when they're experiencing, like a shame trigger around their partner is that their partner jumped on a restrictive diet, has started to drop weight fast, has started to get in shape, right? And so they're like, "I'm having all these feelings about this. I need to, I need help processing it."

ANNIE

And so that's really what the circumstance is, and it ultimately doesn't matter, necessarily, if you agree with how they're doing it, right? If it's, quote unquote, the good way, or the right way or the wrong way, or whatever you want to make of that. It's more about how it triggers you to feel.

JEN

Yeah, because as we're going to talk about, you can't control other people. You can only control yourself. So your partner is going to do what your partner is going to do. And you need to learn to control your own response to that. And maybe they are doing some awful, unsustainable diet. And maybe they're not. Right? They are on their own journey.

ANNIE

Yeah. Okay, so let's say for the sake of the podcast, this is happening, this is occurring, you're experiencing this, what do you do? What do you do?

JEN

Well, you could be like me, circa 2009, and start chain spiraling and trying to control your partner and getting resentful, or, we could work through it in a healthy way. And the first thing I would recommend is, as usual, tuning in to what thoughts you're having. explore what beliefs you have about your partner's weight loss, maybe beliefs you have about weight loss in general. And what are you making it mean about you? Why do you feel, you know, threatened, resentful, ashamed? You know, if you're triggered, you're saying, "I'm having feelings about this." Right? You feel the feelings, but you got to get into the thoughts that are driving those feelings.

ANNIE

I know I've had them. I know you've had them. What do some of those thoughts sound like?

JEN

Well, you know, I can only do this in hindsight, because I was not this self aware when I was younger. But I would say my big situation was, when I really remember doing this was when I had my first baby. I got pregnant with our first, my husband decided to, he was going to join me and not drink for nine months with me. And then he saw that was like a nice opportunity for him to also just get really healthy while I was pregnant. And which meant he was working out a lot. He was eating better. He was getting a little leaner, and had a little six pack popping out -

ANNIE

While simultaneously [laughs] -

JEN

And meanwhile. Yes. [Laughs]

ANNIE

You're growing a belly. [Laughs]

JEN

I'm growing a belly. And I can tell you that today, I honestly would have no issue whatsoever with that. But let's go back 11, 12 years, my oldest is 11. And I had a lot of beliefs. I had a lot of internalized fat phobia, I had a lot of internalized misogyny, I had a lot of beliefs about my own body, other people's bodies, weight loss, the value of human bodies, right? Like there was so much there, that I didn't even, I didn't know how to unpack or even be able to start unpacking. But I would say what I felt back then was just this deep insecurity, this deep fear that my husband was going to start seeing me a different way, that I was becoming less attractive, that he was becoming more attractive, which meant I was becoming less valuable. And he was becoming more valuable. And that to me felt like a, you know, it felt...all I can tell you is I felt a certain way then. But it really was that I felt unsafe.

ANNIE

Mm hmm. Yeah.

JEN

And scared. And I think even you know, there was, there's an element of pregnancy where you know, you're so cute, you're allowed to be big, all of that. But if you have grown up in diet culture, and you are, you know, deeply entrenched in diet culture, going into a pregnancy, you've also probably been prepped almost your whole life, to have a horrific postpartum experience, right? So from, you know, young ages, we get exposed to messaging and advertising and different things around postpartum bodies. And so, even while you're pregnant, it's like, I actually love my pregnant body. But every day I became more pregnant, I knew I was one day closer to being postpartum. And I was terrified. I was terrified about what that was gonna be like for me.

ANNIE

Yeah. I think that's the coming back to the safety, like, you felt unsafe. That's a huge acknowledgment to how you really felt. Because I think on the surface, a lot of people would try to control their, as you noted, control their partner's behaviors. Like, could you just stay the same, so I feel safe and secure?

JEN

If I'm letting myself go, can you let yourself go, too? Right? And not that I, not that I believe I was letting myself go. But I think that's what I believed back then. Or maybe that's what I had been taught that, you know, some women do, right? I think almost everybody has heard, overheard or heard people discussing women who let themselves go.

ANNIE

Mm hmm.

JEN

And it's just such this like, "Oh, it's awful. Awful." Right? I have heard those words in my life discussed about other women. And so before I was even pregnant, I remember always think, like, feeling determined not to become that. So it's just, it's so gross and toxic and leads to just, you know, a horrible sense of anxiety. But, yeah, I mean, I felt how, I felt, I just didn't have the awareness to unpack the thoughts or even the ability to be that vulnerable with my partner.

ANNIE

Yeah, I will share that when I married my now ex husband, he was considerably larger. He played college football, he, you know, that was his job to be big, right? Big and strong. And as he moved away from college, he changed his habits and as a result, lost weight. And, I had, didn't really have any thoughts on how he looked, or a preference for one way or the other. But I will tell you that I ended up being bigger than him, I ended up weighing more than him. And that was like, a whole situation and experience that I was not prepared for, because I had this belief that like, husbands should be able to carry their wives across the threshold of their house.

JEN

[Laughs]

ANNIE

And, you know, all like, I'm supposed to be this kind of Stepford wife sort of image when I got married, and I wasn't, I weighed more than him. And I made peace with it. But that was like, a point of contention for me. And it had nothing to do with him, it was all about me, and the beliefs of what I should be like, or what I should look like as a partner.

JEN

And so you were very triggered by that. Now, do you feel like you put the responsibility on him at any point to change so that you could feel better?

ANNIE

Oh, I'm sure there were times when I encouraged, food pushed, you know, like, "Are sure you don't wanna eat a little bit more?" [Laughs] "You want a, you want a second helping?" I'm sure I did that. And also, there were, I can also remember now that I think about it, there were times when I was actively pursuing weight loss. And we would run into people from college that we hadn't seen for years, and they would just gush over how slim and sleek and toned he was, and I'm over here like, "Hey, hey, I lost weight, too," like, it started to feel like a some sort of competition. And then, and then I would get mad at him for getting all these compliments that I ultimately wanted. Right? And again, it was a little, it was, you know, there were times I'm sure it was misplaced, that I was, he was paying the price of things that he didn't even do, right? Like -

JEN

Yeah, and I definitely put the burden of my own feelings on my partner, like, I definitely, whether in conscious and unconscious ways as far as just the things I said, and, like being upset about, you know, just being upset about it and expecting him to fix it for me through his own behavior. But like, you know, I just didn't have the self awareness that I have today that I'm actually so thankful for. But yeah, I think there's just a lot of conditioning there to unpack. And in Annie's case, it was that women are supposed to be smaller than men. In my case, I think it came down to my value as a person and why my husband was even with me, and what it would take for him to leave and not love me. Like, that just says a lot about my beliefs of the value of women period, right? Solely for the pleasure of men, and totally disposable.

JEN

Mm hmm.

ANNIE

Yeah, absolutely. So I think, you know, this comes back to, if this is you, explain what your beliefs are around your partner's weight loss, particularly in the way that it affects you. What does it mean to you, about you, for you? Do you feel like as a result, you should be losing weight, that if your partner loses weight, that they're gonna find you unattractive as Jen said, or unexciting or unhealthy or lazy, because you don't want to work out like they're working out? They're going to get hot and find someone else. Right? Like, they're now, we're gonna leave you there now out of my league, why would they be interested in me? And then you're feeling

resentful. I mean, I'm sure it controlled those ways, and so many more, but I think those would be the most common.

JEN

Yeah, and I think for me, you know, I'm in a marriage with a man, I can't speak to if you are in marriage with a woman. But I imagine some of these beliefs would exist there as well because we all have a, if you grew up in a diet culture, you like, and haven't done any work around that, you likely have an inside inner belief that your value is largely attached to your appearance and your size.

ANNIE

Yeah.

JEN

I also want to note that we've got to learn to question these beliefs, you know, you can follow that belief, follow those thoughts back to the beliefs and then say, "Is this really true? Is this what I value?" And look, I'm not going to argue that out there in the world and the culture we live in that that messaging is there. But you got to decide what you value. Right? So a big turning point for me was learning, just learning what diet culture is, right? So diet culture is a society that values thinness over health. And then I had to ask myself, is that what I want to value? Like, that doesn't feel aligned with the person I am at all. And from there, you can start deciding what you believe. I believe all humans are valuable, regardless of what package they come in.

ANNIE

Okay, so you acknowledge your feeling this way, you start to get curious about what it is you're feeling, why you're feeling it. Is it true or not? You acknowledge that this is uncomfortable. And then you have to say, "Okay, what am I going to do with this?"

JEN

Yeah. And so, and part of this, too, is really owning that this is like a you job, not a them job. And that's just that's super powerful, right? That's taking you out of that kind of victim mindset mode into like, "Okay, I got this, this is a me job. So, okay, I've got all these beliefs. This thing is happening in my life, my partner's dropping weight on this diet, whatever. I've got an inside job here to do. I've got some discomfort to sit with. Okay. So what am I going to do with this discomfort?" Now, the majority of people, they act on their discomfort, they, this is what Annie actually said to me earlier today. People treat discomfort like a hot potato in their hands, like, get it away from me, pass the hot potato on. [Laughs]

ANNIE

Yeah, cuz you can start thinking some of these things, you can start acknowledging some of these beliefs. And all of a sudden, you're feeling panicked to do something. Like, I've got to do what you're gonna do, I gotta do what they're doing. I've got it. Like, I've got to change too. I've got to pursue this goal, too. Otherwise, whatever I'm afraid of is going to come to fruition. And

spoiler alert, unfortunately, it might come to fruition. For some people, I mean, I'm sure some people do have this lived experience, right?

JEN

Absolutely.

ANNIE

But just because you're having these feelings, or this the sense of panic, the hot potato doesn't necessarily mean you have to act on it. But you do have a choice.

JEN

Yeah, you have a choice is a perfect way to put it. So you can try and pass that hot potato on like I used to do, I used to try to pass it on to my partner, trying to get him to kind of take that pain away from me.

ANNIE

Which could look like, I'm not encouraging their pursuit of their goals, right?

JEN

Yeah, like being just super bitchy. [Laughs]

ANNIE

Yeah, like, "No, I'm not gonna, I'm not gonna watch the kids any longer so you can go to the gym," or -

JEN

[Laughs]

ANNIE

- "No, I'm not going to -"

JEN

Try to sabotage them, getting very salty, resentful, picking fights, demanding excessive praise about my own appearance.

ANNIE

Yeah, that's, I was gonna say that, too, like, just, could you please just soothe me please? Just like, tell me I'm still pretty, tell me you still love me. Tell me I'm you know, comfort me.

JEN

I would say jealousy was a lot of, yeah, like, I had a lot of jealousy. So like, you know, it was horrible what that made, where that took me. But, so you can pass that hot potato on or you can sit with that hot potato and guess what, it cools down. So, if you are a person who has fully been taught to process emotions, you will know that by processing an emotion, it is, it can be really

intense, right? We can feel things incredibly intensely. But it passes. So you can feel extreme grief over losing somebody you love. And it can feel like that. Well, this is never gonna pass. And three months later, you realize you're still grieving. But the intensity has passed. Right?

ANNIE

Yeah.

JEN

I was talking to my friend in December, her dad passed away in December, but 17 years ago, so she posts about her dad every year and her and I got chatting about him and how she's feeling. And that's something she mentioned to me. She said...You know, I was expressing, you know, empathy. And, you know, I'm really sorry, this is, I know this is really painful for you. And she said, "You know, 17 years is a long time. And it's definitely not as painful as it once was." Yeah. So that's a very intense feeling. And then another way I can explain it is, we also experience very intense positive feelings, sometimes, like joy. And you can see somebody you haven't seen in a very long time and feel so joyful. You know, you like, scream and laugh and hug, and it's just the best. That'll be when I see you next time, Annie. [Laughs]

ANNIE

Hopefully soon.

JEN

And then it passes, then you're together for a couple hours, and you're not still screaming.

ANNIE

I can't stand -

JEN

Yeah. [Laughs]

ANNIE

- the way she chews. [Laughs] I'm kidding. I'm kidding.

JEN

[Laughs] It passes. Because you kind of process that joy. And you're still you know, you're still happy to be around that person. But like that, in the intensity of it has passed through you. So I think a lot of people could probably use therapy to learn how to process feelings better. For sure. I've done therapy, you've done therapy, actually, I mean, Annie and I've even done therapy, like, a lot of therapy since we've met. So I think we joke about how, when we met, we were on opposite ends of the spectrum for feeling. I over felt, I got lost in my emotions, I would drown in them. I didn't know how to pull myself through, right? Like I didn't know how to process them. Annie was on the other end of the spectrum where she did not feel, she wouldn't even let that thing in. She - [Laughs]

ANNIE

Nope. Get it away. [Laughs]

JEN

And so two ends of a spectrum, but still to people who don't know how to process emotions, and so we've joked about how you and I have both done therapy, and now you and I have are both moving closer to the middle.

ANNIE

Yeah.

JEN

Where I don't drown in mine as long as I used to. And you'll let yours in.

ANNIE

Yeah.

JEN

You'll actually cry.

ANNIE

Yes, yes, I do. I do cry. Not that it's, I wouldn't say that I like it. [Laughs] But I'm getting better at it. But I want to come back to what your other options are. Other than like acting on, it doesn't necessarily mean changing your behavior, it can be...But you can also take action in another way that's right for you, your life and in alignment with your values. And I would say that, one of the ways I've done this hasn't necessarily been changing my behaviors when I felt this way, but to actually just call it out. And this wasn't actually a partner that I'm thinking of, it was a girlfriend, who had, we had both had babies around the same time. She lost a lot of weight. And I was extremely jealous. I can see it now, that I was extremely jealous. And I kind of cut off the relationship for a little bit, and eventually missed her as a friend so much that I said, "Hey, this is what I'm thinking. Like, I see your weight loss, I see the way you have changed your behaviors and the results you're getting and how much you're moving your body and you seem really happy. And that makes me feel a lot of these feel, you know, X, Y, Z, fill in the blank, whatever," and almost just vocalizing that, communicating that to her was free. Like, it was so liberating to me, just to be able to call it it out.

JEN

It was just a point of honesty. Just a point of vulnerability.

ANNIE

Yeah, yeah. It was like, it was just, it was even like, "Hey, I know it probably sounds kind of silly or immature, you know, whatever you're feeling about it. But this is what I'm thinking." And she was super, super great about it. She received it so well. And you could do the same for your

partner, maybe like, H"ey, you're making all these changes. I want to be really supportive and I'm having my own experience over here and that's what this looks likes or sounds like."

JEN

Yeah, and that's where I'm at with my partner now, just amazing, you know, the depth that our marriage has reached, you know, at the start of our marriage, I never could have had these conversations with him. I was afraid, I think, you know, afraid for some reason. And also, as I spoke about, I couldn't even access these thoughts. I didn't even realize these unconscious, you know, thoughts that were driving all my behaviors, but I have been able to have very honest conversations, vulnerable conversations with my partner. And he's like, "Wow, I had no idea. Like, how can I help? Like, you are safe. I do love you. It's like, this isn't about you." And I'd say...Actually, I broke my wrist last year.

ANNIE

What?

JEN

Have I mentioned that?

BOTH

[Laugh]

JEN

And this past year of, kind of recovering from that injury, I had surgery and all kinds of other things, pandemic, you know, it's been a year for most of us. I actually feel like I've become more sedentary in this past year, since breaking my wrist than I ever have in my life. And I've struggled to get those habits back, even like my movement habits. And my partner has gone on a year of fitness. And so I would say I'm almost having a similar year, right? Like, where I could, had I not done this work this year, could have been even worse for me because I would have been feeling so triggered by John's year of fitness. [Laughs] And his his six pack, his emerging six pack. But I'm not, I'm really not, I'm now able to see, I'm on my journey. He's on his, and they're not always going to intersect or be the same. And that's okay. And I'm so supportive of him, I'm so proud of him. And I'm just, and I'm proud of me for not, for not feeling triggered by that anymore. It shows that I really have revamped my belief system. And I'm sharing that to show people like what's possible, like, what's truly possible for you, when you start unpacking this stuff? Like, it's so freeing to not be controlled by your triggers.

ANNIE

Mm hmm. Absolutely. Otherwise, you walk through life like it's a minefield, like, it's just at any point, you could be, like, bombarded by feelings and emotions and react as a response to it.

JEN

Yeah, absolutely. And the other thing is that, I think whether your partner is a woman or a man, I think if you're in a partnership with a woman, I think she could probably really relate. And it

might even be easier to be vulnerable about this area. But I think what a lot of women might find is that their male partners can relate on a certain level, that there is messaging towards men around the value that they bring to the world, and maybe it's body, or maybe it is the money they earn, or the muscles they have, or the, you know, the different messages that men get.

ANNIE

I will just throw this little tidbit in the hat here that I have gone on a handful of dates with men, and when they find out what I do, you know, they naturally start asking questions, and 100% of them have expressed some sort of dissatisfaction, struggle, attempt to manipulate their physical appearance in some way, shape or form. So.

JEN

That's amazing. And to be honest, there's not the body image support out there for men that there is for women. And they're just, I mean, I would go back to when my first son was born, there was nothing for women, there really wasn't, it was a, that's not even that long ago. So we have access to things today for anyone listening who's you know, maybe having a baby or working through this body image stuff, like, the resources you have available to you today on social media and other places. Like, it's incredible. I wish I had access to that kind of stuff back in 2009, but men still don't. Right? There's still very few prominent men, like, on social media or whatever talking about body image. So it might be a conversation that brings you closer to your partner.

ANNIE

Mm hmm. Absolutely. Okay, so all that said, you might get to this point and decide that you can acknowledge that your partner is on their own journey. They're doing their thing. You're doing your thing. That doesn't mean, you don't maybe need to or can't set boundaries if you're not okay with the current situation.

JEN

Yeah, I would say particularly if you're sort of in the early stages of a journey of, you know, trying to love your body, trying to accept your body the way it is, and maybe you're not into it, you're not interested in any change right now, you're definitely not, maybe you're definitely not interested in the methods that they're using. And the other thing, and I think this is for a lot of women in our audience, particularly those who have joined our program, you start learning about the impact of diet culture on children. And I think if you are in a partnership where you have children, that makes seeing dieting behaviors, or fast weight loss, and your partner can be particularly triggering it, it's not just you anymore, it's like, is this hurting our kids, right? Or what beliefs are our children now forming because of this? And again, you can't change your partner, right? And these parenting conversations and decisions are probably out of our scope of practice as far as what you and I specialize in, but we can share our experiences, I guess. I think that you can set boundaries on what you are, what you're willing to do, and not do. What you're willing to talk about and not talk about and really own why, like saying, I'm gonna own, like owning that this is hard for you. And you take full responsibility for it. But you don't want to

hear weight loss numbers come out of their mouth. You know, just own that it's your own boundary. It's to protect yourself, and this is where you're at.

ANNIE

Yes. So what that might sound like is I see you doing some work over here. I'm doing my own work. I wish you all the best in that regard. If you continue to talk about your weight loss, I won't be interested, I won't be engaging in that conversation, or I'm not available for a conversation on that topic.

JEN

It's not a healthy conversation for me right now. And maybe that's weight loss. Maybe that's their macros. Maybe that's their Weight Watchers points, maybe that's, it could be any number of things. But like, you're the boss of your body, too, you're the boss of your own ears. [Laughs] And you get to decide what you're willing to engage in conversation about.

ANNIE

Yeah. And I really, like, I really like boundaries. I've gotten pretty good at them. I cannot say this enough. I know we've said it before on the podcast. It's about what you are willing to do and not do. It's not about trying to control them. So yeah, the boundary is not, "You need to stop it." It's, "If you continue, I'm no longer, I'm not going to be engaging in that or I'll have to walk away or whatever."

JEN

Yeah. And then I think the parenting thing is also important. And it's similar, but maybe different conversation of, "Hey, like, here's the issue. This isn't a judgment on what you've chosen to do. But this could be one of the unintended consequences is that our children learn x," right? And it's not just your partner's behavior that could teach them that, it's like, you have to understand that it's like reinforced in the bigger culture around us, right? So what I find with diet culture in my home is that I can't control what's out there. Diet culture is everywhere. I can keep doing the work we're doing with Balance365 and hope to see a big cultural shift soon, which I think we are seeing it right? There's a lot of people that talk about it. Now, a lot of media is changing how they advertise. But I can control in the home right? And it's almost become as far as diet culture is concerned, body image and all of that. It's like, you can kind of feel like you're playing defense sometimes right? Like, but like, in our home, I feel very strongly about not reinforcing any of the messages that they are going to hear out there. And my partner and I have been able to have some really good conversations about, what is okay? And what is not okay with the kids? And also how we talk about behaviors. So my partner gets up and works out five or six mornings a week in our garage before any of us are even up. But we have never communicated that as, "Dad's doing that to lose weight, Dad's doing that to look more attractive. Dad -" You know what I mean? Like, we've never made it about appearance, we've always made it about health, physical health, and he's very open with my boys about his mental health and how that impacts his mental health. And then with nutrition changes, as simple similar conversation could be had, we're eating more vegetables, because, you know, keep it positive, instead of taking it into the negative, keep it about abundance, not scarcity. Keep it about health, not calories.

ANNIE

Yeah. And I would also encourage, if you are listening, and you're maybe thinking, "Oh, my gosh, I've said those things myself," or "I've heard my partner say those things." It's okay. Like, you know, like, all is not lost, the messaging can shift over time, and it can evolve. And generally speaking, it's often the consistency of the message, right? It's not some one off comment that really hammers home beliefs for kids.

JEN

Yeah, for sure. And then the last thing I want to talk about around boundaries, because this has come up, is the women in our community not knowing how to navigate the extreme nutrition changes that their partner has chosen to make, whether it's jumping on board keto, the carnivore diet, like, you know, all these very, very extreme ways of eating that aren't probably healthy for a family to also adopt, right? We don't want to do that. Everyone listening. [Laughs] And so I think like, just logistically, it's going, asking yourself, and even having this conversation, you know, who's responsible for the meals primarily? How are those going to be cooked? What's happening here? Right? So we've worked again, with many women, and we've seen women feel like they have to take on this huge load of their partner's diet. And I'm going, "Oh, wait a second. Do you? Like, do you?" Because if they're doing this, maybe that's their responsibility.

ANNIE

Yeah.

JEN

You got a full plate over here. And even then, like, kind of, what are we willing to expose our kids to? Like, just having a discussion, how are we explaining that dad or mom is only eating a steak? They're not having the potatoes. They're not having the broccoli. They're not, they're just, yeah, like have those discussions in advance.

ANNIE

Yeah. And it doesn't have to be, put them on the defense. It can just be a simple, like, "Hey, have you have you thought about what implications this could have for kids?"

JEN

Yeah, and, let's prepare for this. And, yeah.

ANNIE

"How do you see explaining to them that you don't eat vegetables? And I'm over here, like, 'eat your veggies?' Like what are we doing?" [Laughs]

JEN

Yeah, totally. And these are just these are such great conversations to have so that you don't get caught flat footed when you, when you're there. When you're in the moment going, [gasps]. Your kids asking like - [uncomfortable noise].

ANNIE

And you're giving them like the glare from across the table, like, "I told you." [Laughs]

JEN

Yeah. [Laughs]

ANNIE

"I knew this was gonna happen."

JEN

Or you look at them and go, "Yeah, why are you?"

BOTH

[Laugh]

ANNIE

"Why don't you ask your dad that?" Sure, that's come out of my mouth before. [Laughs] Keeping it real over here on Balance365 Life Radio. Okay. So boundaries, set them if needed, as needed. And then explore what journey you are on and how you can own that.

JEN

Yeah, so this is kind of our last point of this conversation is, you know, kind of take yourself through this process of not making your partner's changes mean anything about you personally as a human, and then start, then remind yourself of what journey you are on and own that. And here's the thing. Maybe you are not on a great trajectory with some of your habits, and you know it. And you've been struggling to change. And this is a trigger for you, because it's reminding you that you haven't been prioritizing this. And I'd say rather than getting like really resistant and angry and resentful, I would say, is there an opportunity for me here to prioritize some of the things that are important to me, even if it's different than your partner, right? Like, your partner might be doing something like, maybe they're doing the carnivore diet. And you're not going to do it. But you can go, "But you know what, it's time that I add vegetables to my lunch," or whatever habit you decide to work on.

ANNIE

"It's time that I joined Balance365 coaching." [Laughs]

JEN

Yeah, that too. [Laughs] It's time for me. And maybe you don't even know what that is. Right? And you go, "It's time for me to decide what I want."

ANNIE

Because so, yeah, really, that jealousy can simply be pointing to, "I want what they have." Right? I want to prioritize myself, I want to make changes, again, the details, the specifics might not align with you. But I want to make time for myself. I want to move my body, I want to make changes to my nutrition.

JEN

Yeah, I would say, you know, I've kind of, you know, over the years, of course, gotten much better at coaching myself. And so when my husband started his new fitness routine -

ANNIE

John's year of fitness. [Laughs]

JEN

Yes, John's year of fitness. That he's very happy and contented with and honestly, is, comes from a very healthy place for him to, I would never have the desire to go out and work out in our garage five or six times a week. You might. [Laughs] You and John.

ANNIE

[Laughs]

JEN

And so, to take myself through this and seeing you know, it comes from a very healthy place, this is what he's doing, so good for him. Why is that stirring something up in me, because I want what he has, I want to feel more fit. And then I have to say, I can say, but...Like for me being injured, but it's not my time. Right? And like, kind of like sitting in that sadness. Anyone who's ever been injured can probably relate to just that. It's just such a, you're just like, but it is what it is. So, and really looking at, like going, "Oh, they have a result that I want. But am I interested in the process?" And maybe you are because maybe your partner has a very similar healthy, balanced approach to health and wellness as you do. And maybe you're not, because we're doing the carnivore diet and CrossFit seven times a week and you don't like CrossFit, you know, like, but what what could you do, right? Because there's many different paths to move towards the same result. It would be similar to saying, there's many different paths to making money. Some you aren't interested in, some you are, but ultimately you could end up around with the same result as another person.

ANNIE

Absolutely. Yes. But you get to decide if you want what they have, or are trying to get. Is that in alignment with your current priorities? Is that healthy and sustainable for you? And then move from there, right?

JEN

Yeah, it's about what you want for your life. And that's all that matters.

ANNIE
Great topic.

JEN
Yeah. I hope it was helpful.

ANNIE
I found it enjoyable.

BOTH
[Laugh]

JEN
Great.

ANNIE
If you listening found it enjoyable, I'd love to hear about it. Give us a review or tag us on on the Gram, listening to the podcast. We'd love to see you. Thank you, Jen for your time. Thank you everyone for listening.

JEN
Thanks, Annie. Bye bye.

ANNIE
Bye bye.

ANNIE (OUTRO)
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