

Balance365 Episode 179 Transcript

ANNIE BREES (INTRO)

Welcome to Balance365 Life Radio, 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

Hello, my friends, thank you so much for joining us for another episode. Today we are talking about the lies we tell ourselves. And don't worry, we're all doing it. Speaking from both personal and coaching experience, I can tell you that humans are great at telling themselves small and big fibs. Why does this matter? Because it leads to a lot of frustration when you find yourself stuck in the same cycles, doing the same things over and over and not able to move forward. Living authentically and intentionally requires honesty. And we think you can become a woman who learns to tell herself the truth. And today we're going to share some of the top lies we see women telling themselves when they're on health or weight loss journeys. Let us know on the Gram if any of these resonate with you, too. But before we get started, Jen and I are going to be hosting a free live event this month called "3 Steps to End Emotional Eating and Stop Self Sabotage." These are the top two issues our Balance365 members report struggling with and we cannot wait to share the process we take them through with you. You can sign up at www.balance365life.com/endemotionaleating. Enjoy my friends.

ANNIE

Hi, Jen, how are you?

JEN

Good. How are you?

ANNIE

[Laughs] Good. I feel like the listeners should know that we already had this conversation because we weren't recording the first time.

JEN

[Laughs]

ANNIE

A little behind-the-scenes tidbit for you. In case you were thinking that we were perfect. We are not. [Laughs]

JEN
We are not.

ANNIE
Speaking of being perfect. Lies we tell ourselves.

BOTH
[Laugh]

JEN
That we're perfect?

ANNIE
Could that fall under the umbrella?

JEN
It kind of could, yes, yeah.

ANNIE
We are talking about the lies we tell ourselves. And I want to be clear, we include ourselves in -

JEN
Totally.

ANNIE
- this episode, like we are not immune to thinking some of these things to be true about ourselves. So this is not like us pointing our finger at our listeners, like, "You stop doing this." We're included in the group. [Laughs]

JEN
And actually, once I really truly accepted this about myself and people, I have such a great sense of humor about it.

ANNIE
I think that's like part of this, if you can't laugh at yourself every once in a while for some of the stuff you tell yourself and some of the mistakes you make, then it's gonna be a rough road.

JEN
For sure.

ANNIE
You got to have a little humility and sense of humor.

JEN

For sure. So today we're talking about the lies we tell ourselves specifically that can sabotage weight loss journeys. And of course, we are included in this and we see it in lots of our members. But before we get started, I want to talk about our listeners and where they may be at in their health and wellness journeys. Because I don't want them to listen to content that might not be helpful for them. Right? So James Clear, author of "Atomic Habits" has a great quote. "Some people need more focus, others need to broaden their perspective. Some people need to try harder. Others need to stress less. Some people need to care more others need to let it go. The secret is you are both people. The key is to know which one you are in the moment." And why I think this quote is relevant and important, honestly, to almost, could apply to every episode that you listen to is, I'm wondering if our listeners can see themselves objectively and are they self-aware of where they're at right now. And I will share that when I was deep in the dieting scene, I was a person who had very distorted thoughts about my body and about food. And I wasn't seeing myself objectively. I only saw myself as a person who hadn't found the right diet yet or hadn't found the secret of staying thin. And what I thought was that I needed more focus. But I actually at that time needed to broaden my perspective, I thought I needed to be trying harder, but I actually needed to stress less, and so on. And so when we record podcasts that are diving a bit deeper into fat loss and the nuance of fat loss, if you are a person who was where I was, it is very possible that you can use the information we share as a weapon and not a tool. And being able to use this, these discussions as a tool really requires you to have a pretty healthy relationship with food and your body.

ANNIE

Yes, absolutely.

JEN

Yeah. What about you? Would you have been able to hear some of this that we are talking about when you were deep in your dieting days?

ANNIE BREES (INTRO)

I think looking at this list, I think I'm sure I would have been like, "Oh, yeah, that's for sure true."

JEN

Right.

ANNIE

That is, that is a fact that is universally agreeable. And I would not have accepted anything else other than that. And I've said a lot of these things on this list, I have told myself a lot of these lies. And I think years ago, I probably would have been a little hurt. If someone would have been like, "You're lying to yourself," right? "No, no, no, I am dedicated. I am doing all the things right. I really want this," versus like, "Oh, yeah, you're right."

JEN

Right. Yeah.

ANNIE

Yeah, a sense of like being open to having it wrong. [Laughs]

JEN

Right. And our, so I would say that, in general, the women that we want to work with, our target market is women who desire weight loss, and to have a healthy relationship with food and their bodies. But there are a whole lot of people out there whose goal is to lose weight period, by any means, by any extreme necessary. And while those people are totally welcome to listen to our podcast, I think it's very difficult for that group of people to objectively assess if this information is helpful. So I'm just sharing this upfront, because I just feel like sometimes we need some fine print, right? There's a lot of people out there with very disordered eating habits. You know, we've talked about it all through this podcast. So you can't, we have to meet people where they're at. But every person in order to become healthier, every person needs something different. And as James Clear says in this quote, the key is being self-aware. And knowing which one you are in each moment, what you need.

ANNIE

We've used this analogy and slightly similar ways on the podcast before, but it's like telling a bank robber like, yeah, you can get that million dollars, but it's gonna take you a lot longer, and you're gonna have to learn some skills, and you're gonna have to, like, have some self-reflection and make some mistakes along the way. They're gonna be like, some of those some bank robbers are gonna be like, "No way."

JEN

I'm robbing the bank.

ANNIE

Yeah, "I want the money. I want it tomorrow. I'm gonna do it." Right? And if so, if you're like, "I want weight loss at all costs, I want it fast. I actually don't care about my relationship with my food or body, or my health. Or your health." We're not for you. [Laughs] You could stick around and listen, but. [Laughs]

JEN

Yes, you might learn something. But that's actually a great segue into our first lie.

ANNIE

Go for it.

JEN

Okay. The lies we tell ourselves that sabotage weight loss, long-term weight loss. Number one, my relationship with my body and food will improve once I lose weight. Or this could also be thought as, a different way to look at this is, first I'll lose this weight real fast. And then I'll work on my relationship with food.

ANNIE

Like, let me just get this weight off real quick. And then I can address the deeper issues.

JEN

Yeah, so what are your thoughts on that, Annie, when I say that?

ANNIE

I think you're gonna have the same problem. Smaller pants.

JEN

[Laughs] Yeah.

ANNIE

It's gonna be there. Regardless of what weight you are, what pant size you are, what dress size you are, if you don't address it, it's still going to be there.

JEN

Yeah. And it keeps, you know, these issues that women grapple with, I mean, all people but yeah, it very much turns into a shame and fear-based relationship with food and your body. And that leads to a reactive relationship and being reactive leads to repeating cycles over and over and over.

ANNIE

Yeah, and if you want proof that this is true, I mean, think about it. Assuming you're not currently at your leanest, lightest weight as an adult, I would be willing to bet that most of our listeners could reflect back on their lightest weight, quote, unquote, and have memories of still nitpicking.

JEN

Absolutely.

ANNIE

Still struggling with like, looking in the mirror, still struggling with the jean shopping, still struggling with, you know, self-loathing and shaming, you know. So we can clearly see in that case, that it's not a reflection of your weight, right?

JEN

It's not, it's how you treat yourself and your relationship with yourself. Yeah, and I also have seen that people who live in fear of body fat can never take a step back and look at the big picture and figure out what's going to work for them. Right? And if you can't, aren't willing to take the time to learn new skills and figure out what's going to work for you, then you're going to be stuck with these diets.

ANNIE

Yeah, I know, I'm sure we also have women that are gonna listen to this, that statement and say, "Yeah, but I was so happy when I was 20 pounds lighter, 40 pounds lighter, 50 pounds lighter," whatever it is. And I would challenge you to say like, "Why is that? What were you doing? How were you spending your time? Is it because of, you know, you're taking really great care of yourself?"

JEN

"And why are you still not there?" And I don't mean that in a shame-based way at all, but just very objectively and with curiosity and kindness. Why couldn't you stay there?

ANNIE

Right. Right. And then maybe it's a possibility, be open to the possibility that your peace with food and your body at that time maybe came from the behaviors. Not necessarily the weight.

JEN

Yeah. So what we would say to this little lie, we would say that, work on your relationship with your body and food. And you can simultaneously, or after you dig in and do some of the deeper work, start creating more objective, kinder goals for your body.

ANNIE

And more likely realistic goals.

JEN

Yeah, for sure.

ANNIE

Yeah. Speaking of goals, number two, number two, I need to be "enter goal weight here" pounds.

JEN

Yes.

ANNIE

I need to be this number. This is it.

JEN

And look, I've been there. So there was two times in my life when I hyper-focused on different numbers. At one time, I remember hyper-focusing on the leanest weight I had been as an adult. And I remember holding on to that for a long time, feeling like I needed to be that weight again, for whatever reason. And then a bit later in my life as I got married, of course, I did what a lot of women do and I did some very unsustainable, unhealthy things to get down to a lean weight for my wedding day. I did not reach the leanest ever weight I've ever been, but I was pretty lean. And I remember then after that, of course, I couldn't sustain it after the wedding was over. Of course, I couldn't. But I remember different times, you know, I got married and then we had a

child 18 months later, and I remember fixating on my wedding day date, feeling like, "Okay, well now, I can't be my leanest weight I don't think, but maybe I could be my wedding day weight again." And it was just a, it's just a silly, I look back and think, "Why?" Like, "Why?" What is that fixation? What do you think it is Annie?

ANNIE

I don't know necessarily what it's about. But I can tell you that it seems to be a very almost universal experience that women have. I've talked about this before on Instagram where it's like, I can't remember what we ate at my wedding reception. But I can tell you what I weighed. I can't remember the time of birth of my baby. But I can tell you what I weighed when I came home from the hospital. Like how the weight, no pun intended, the weight of my weight that is carried throughout these like big milestone experiences are clearly very important to me and I know that a lot of women have had that same experience and we seem to use those milestones as the yardstick right? I need to get back to what I weighed when I graduated high school, what I weighed on my wedding day, what I weighed before I had my first baby. And it's like, Why? What is that?"

JEN

Yeah, so I'm wondering, like was I chasing a feeling? Like was reaching those weights, like euphoric for me for like three seconds? Of course. And maybe different times in my life when I'm feeling down, I just didn't have the self-awareness to kind of unpack this, but like, my brain is searching for that feeling again. That like triumphant feeling, like I made it. And being a woman, in this culture, one of the ways I create that feeling for myself is through weight. Definitely something we're taught, the greatest achievement of your life is to lose weight. And so that's kind of what I wonder about it. Now, do you have any experience with needing to be a certain number of pounds?

ANNIE

Well, I know, this is gonna come off...I hope it doesn't come off this way. But I'm actually lighter now than I was at any of those points.

BOTH

[Laugh]

ANNIE

So no, I don't currently have any of those experiences. But that's also because I wasn't taking very good care of myself right? At that weight, which resulted in a higher body weight. The lack of healthy behaviors and practices that I had in my life years ago, most of my adulthood was reflected at a higher body weight. And once I started to really care for my body in a compassionate way, I lost weight as a result of those habits. So no, I don't have that experience. But I will say, we do also live in a culture that applauds and congratulates women that are, don't seem to gain weight ever. You know, like, "Gosh, you haven't changed. You haven't aged a day since you graduated high school," or, "You don't even look like you had a baby." You know?

Like, that's the narrative around our bodies. Just make it look effortless and like nothing happened.

JEN

Yeah, yeah, there's a lot of pressure to stay looking young. Right?

ANNIE

Mm-hmm.

JEN

Whether that's your body, your face, all of that. That's interesting. And just so everyone listening is clear about the balanced perspective that we like to share, and maybe we should be reminding people, but more often is that for Annie, you know, pursuing health, and even pursuing weight loss from a place of self-love has taken her, yes, to the leanest adult weight she's ever been. For me, I'm actually, depending on the season of life, I'm 20 to 30 pounds heavier than my leanest weight. And about 20 to 30 pounds lighter than my heaviest weight. So it kind of took me right to the middle. But I do remember a time even on this journey, right? Like, I love myself, I'm on a sustainable weight loss journey. Now, all of that, I do remember a time, and actually this was years ago, I remember unpacking it with you and being like, "Hi, I'm having some thoughts about my weight. Like I kind of thought it would settle in leaner." And then you said to me, "Are you doing that thing, where you think that you can get down... You're still fixated on a leaner weight and you think you can get there through a more balanced life now. You're still gonna go for that weight, but you're just gonna do it a different way." I was like, "Yeah, I think I am doing that." But the reality is for me, and the acceptance journey for me was going, living a balanced life where I feel physically and psychologically at ease, actually has put me into a heavier body than I've been. And I think that's tough for a lot of women to wrap their heads around.

ANNIE

Yeah, to just, to say that a slightly different way. Your leanest, lightest weight was not sustainable through balanced behaviors.

JEN

No, I could not, there was no balance in it and how I lived my life. It was not a natural bodyweight for me. It was psychologically grueling. And it was physically unhealthy. And I'm very, very content with where I'm at now.

ANNIE

If that's your barometer, if you have this weight in mind, and you achieve that weight at one time using these really unsustainable, rigid, restrictive measures, that's likely what it's going to take to get back there. And sure, that's a choice on the table, it's maybe not a choice that we would like to see you take, but instead of working towards achieving that weight again, we would say your time might be better spent making peace and acceptance, that your goal might look a little different.

JEN

Yeah. Yeah. And that's not to undervalue or dismiss weight loss goals. Period. Right? Like, yeah, it's okay. Right? I had a weight loss goal.

ANNIE

That's kind of what we do. [Laughs]

JEN

Yeah, I had a weight loss goal at one time. But it was just coming to terms with like the weight loss ended up being, you know, yeah, just less than I had kind of idealized and that's okay. I feel very comfortable in my body.

ANNIE

Yeah. Okay, the third lie we tell herself, this is one of my favorites. I'll start tomorrow, right? No, you won't.

JEN

[Laughs] And so here's, here's kind of big picture talk on this, like, start what? Right? Like, your life started on day one of life and it ends on whatever day is in the future when your life ends. And in the middle is your journey. And so it's already started, you're here. Every day you choose not to participate is a day you are choosing to opt-out.

ANNIE

Yet, for me, this is a big self-sabotage lie, because it's what I've said many times, but it's because like, I know that I'm not being honest with myself in that moment. How many times have I said to myself in the past, I'll start tomorrow, I'll start tomorrow, and then never start, versus if I have that thought, followed up with like, "Annie, come on, tell yourself the truth. You've said that in the past, you haven't followed through, start now. Right now is the best time to start practicing some of these skills."

JEN

I also used to have an "I'll start Monday" mentality. And it kept me from starting on a Saturday when I had the time and the space, right? Because I would say, "No, you can't start on a Saturday. Start on Monday."

ANNIE

Yeah, but this is where that honest objectivity and self-awareness come in. Like, I know myself well enough to know, this is a pattern I've had, saying, "I'll start tomorrow. I'll do it later. I'll start on Monday." And never follow through. So let's start now. Let's start now is, now is as good a time as any.

JEN

Yeah.

ANNIE

Number four, I shared this on Instagram recently on Balance365 Life, I should be able to, I should be able to handle it.

JEN

Yeah, I should be able to. Yeah, it's a short one. As soon as I see the word should, I am like, red flag. I mean, when I'm talking to myself, or when I hear members say it.

ANNIE

Yep. And here's why this is self-sabotage. Because it lacks certainty that you have the capability and the skills to do whatever you're trying to do in that moment. And it's like, a way I see it is a way to not honor where I'm currently at. Right? And be honest about where I'm currently at. And I told the story about how I was in the cracker aisle. I was at the grocery store, I was slightly stressed. And I was hungry. And I had a box of crackers in my hand. And I thought, "I should be able to like take this box of crackers home and have just a few and it'll be fine. I like, this is what I do for a living. I navigate these skills with women all the time, I should be able to handle it." If I was honest, again, honest with myself in that moment, I would have said, "No, you're going to go home and you're going to eat a whole sleeve. And you're still going to be hungry because the nutrient density of these crackers is not super balanced. So you're going to be still ravishing, you know, looking for food in the pantry, you're still going to be hungry. So either get the crackers and own that you're going to overeat them or not get the crackers in favor of something more balanced." But what I did was I should all over myself. I got the crackers. I ate more than a few like I said I was going to and then I beat myself up for it.

JEN

You're disappointed. Yeah, yeah.

ANNIE

And when most people feel disappointed, they start to feel hopeless, despair, that it's impossible. Why even bother? Like, clearly I can't do this.

JEN

Yeah, right. So I might as well...

BOTH

[Laugh]

ANNIE

Finish the box of crackers.

JEN

Yeah, it's such a sabotage point.

ANNIE

And then I'll start tomorrow. [Laughs]

JEN

Yeah, so I just love, I love just the level of honesty of like, taking shoulds out, like identifying that as maybe even a red flag of like, "Oh, I'm going into the red zone, I'm not going to say shoulds," and deciding, right? And being just extremely self-aware and honest about kind of where you're at.

ANNIE

Well, and just to like, know your own limitations, which I know if you're like me, that is really hard to accept that you do have limits, or that you might be more likely to have certain behaviors and certain contacts, like if I wasn't hungry, if I wasn't feeling emotional, crackers might not have been an issue. But on that moment and that day, it was a slippery slope for me. And I, you know, I told Jen when we're talking about this podcast, like, if I'm on a budget, I'm not walking into Sephora. This is no different than going like, "I'm trying to put myself in a position where I can succeed, right? And make the choices that I want to make the easy choice." Walking home with a box of crackers was not putting me in a position to succeed on that day.

JEN

I'm just imagining you walking home with a box of crackers right now.

BOTH

[Laugh]

JEN

In your hand.

ANNIE

Oh, no, I ate the whole sleeve. I was like, "Damn it. I knew this was gonna happen." Anything else to say about I should be able to?

JEN

No, I think I think you've got it. I think this should be able to I guess I would say I think it leads to all or nothing thinking and all or nothing behaviors. Yeah, that's all, and that's a no-go zone. That's not a, that's not the zone of success when you're in the all or nothing zone.

ANNIE

Yeah, I want to add that most people in that position think that the answer to correcting that is to have more willpower, to have like more resistance, to exercise more self-discipline. And I would offer that the solution to correcting that is to practice being honest with yourself in that moment.

JEN

Yeah.

ANNIE

You don't need any more discipline, you need more honesty. Okay, number five, I'm doing everything right.

JEN

Yeah, I love this one. So this might be, I mean, there's a couple different things that could be under this umbrella, I'm doing everything right, or some people just, they don't think they're eating too much. Right? And again, this is a super triggering term for people with any disordered eating habits, I just want to acknowledge that. But this particular lie of telling yourself you're doing everything right makes you incredibly susceptible to diet industry BS. And there's a lot of BS out there. So there will be diets that tell you it's your hormones, there will be - and look, I'm not saying women don't have hormonal issues, but I am talking about pure diet industry crap that are trying to sell things to people that are otherwise healthy, they're just eating too much, or they just have, too, you know, mindless eating habits that they're not addressing. Or your metabolism is slow. So you need these supplements and on and on and on. There's so much there. And we are so -

ANNIE

Ketones.

JEN

Ketones, yeah. [Laughs] Or it's the carbs or whatever. Right? We are so susceptible to it. And I have been, hey, put me in that camp, please. I have also been there. It's because we're telling ourselves lies, and the lie of I'm doing everything right. I just want to frame that as like if you actually are overweight, right? Like, I want to also bring again, bring balance to this conversation of, I have been like underweight and still trying to find the secret to being leaner. And the answer was not that I was eating too much, the answer was like, because your keep - well, how much more can you cut out here? That kind of thing. And that might be some of our listeners, to be honest. So this particular advice is for us at different points in our journeys, I'm sure, and some of our members that are on weight loss journeys, and do feel they have weight to lose. That honesty here is really required. And what I want to tell you is I know when somebody's telling themselves a fib, when they tell me they're doing everything right, because nobody is doing everything right. Like nobody.

ANNIE

All the time.

JEN

Yeah. You lost a significant amount of weight not doing everything right. Our members who have been successful with weight loss would tell you it was not doing everything right. Yeah. And so what I think we have to be honest with here is first of all, what are you doing, to be honest, right? So if I had \$1 for people who tell me they're doing everything right, and they really have no evidence for that. Do you know what I mean?

ANNIE

Yeah, like habit trackers?

JEN

Habit trackers, like a food journal. Anything. They are just kind of thinking back, "Yeah, I like had a good week, I did everything right." And I'll tell you why I know this is true. And we'll take it to a different example is that human beings, again, great at lying to ourselves. It was a couple years ago, I had a son who was struggling with reading, and the teacher asked me one day after school, "Are you reading every day?" I said, "Yeah, of course. Of course. We are. Of course. I read to my kids every day." And then, at that time, I had been tracking some other habits, some health and wellness habits. And I decided to put reading to my son on the habit tracker. And I was not reading to my kids every day. I was telling myself, I was reading to my kids every day. But a lot of days, I was like, "I need these kids in bed right now. Like, we're not doing a book tonight." And so that was just a real test for me, of how we lie to ourselves. And again, because I have a healthy relationship with myself, I can laugh at that, right? I can go, "Humans gonna human." And so when you do start journaling, or when you start habit tracking, if you are super honest with yourself, you'll start seeing where you have slippery habits.

ANNIE

Mm-hmm.

JEN

Yeah. But the big question here, as far as this honesty piece is, the other question I'll ask women often is, "Is it safe to be honest with yourself? Are you your own safe space, to be honest with...Can you have honest conversations with yourself?" Because if your inner world is not safe and kind, then of course, you're going to lie to yourself, right? If you meet all of your humanness, all your imperfect humanness with self-shaming, of course, you're going to lie to yourself,

ANNIE

Right. Like think about, you know, a kid, or like a player and a coach situation, you've got a really intimidating coach that you know, is gonna yell and scream and make you run laps, because you messed up, like you're going to do anything you can to avoid admitting to a mistake or showing a mistake.

JEN

Yeah, or you'll lie and say, yeah, you were practicing all week, or, like, I used to lie to my piano teacher. [Laughs] "I don't understand, I practiced every day." [Laughs]

ANNIE

[Laughs] Uh-huh. Right. [Laughs]

JEN

I was scared of her.

ANNIE

So if you're afraid of yourself, your own self-critique, yeah, like, of course, of course you would.

JEN

Yeah. So I have worked hard to become a safe space for myself, I've really worked hard to cultivate an inner world of self-compassion. And so I can track my habits. I'm actually using our core four journal right now from our program, just doing a little tune-up on some of my health and wellness habits. And it's been really interesting. And, it's been nothing but helpful. Because at the end of the day, when I reflect on it, and at the end of the week, when I reflect on all the ways I ate through the week, I can smile and nod and say, yeah, you know, I'm pretty neutral about it and I can say, "Yep, I'd like to do less of the less of that. I should probably -" I shouldn't say "should," we're not doing that anymore. "I would like to be doing more of that. And here's how I can better set myself up for success with that."

ANNIE

I love it. I think that's such a great question. Is it safe to be honest with myself?

JEN

Yeah.

ANNIE

And, you know, really, like, you don't have to answer to anyone else. Right? Like, you don't have to justify your habits or share you how consistent or inconsistent you are with anyone else. If you struggle to do that with yourself, though, that might be a skill worth spending time on. And again, this really is applicable to women who are overweight, or feel they're overweight and want to lose weight, if you are living at a higher body weight or maybe higher than cultural ideals or whatever. And you feel like you're quote unquote, "doing everything right." And you're really pleased and content. Keep on keepin' on.

JEN

Yeah, absolutely. But if you have weight loss goals, you know, it just, if you want something to change, something has to change. Like that's the bottom line. And so, and if you're willing to explore this, then you can absolutely lose weight in a healthy stable way if you own that there are behaviors you'd like to change.

ANNIE

Yeah. Okay, last one. Number six. The lies we tell ourselves.

JEN

Yeah. Moderation, or hashtag balance.

ANNIE

Hashtag balance.

JEN

Yeah. So what is moderation? Right? Like, that's the big question. And people even ask us sometimes for rules. Like, how many times can I have a sweet? Can you just tell me how many times I can have sweets in a week? And -

ANNIE

No. [Laughs]

JEN

No. But I mean, that's tough. Right? But we can teach you about nutrition, show you what a balanced meal looks like, talk to you about how you want to feel, get you to see what happens when you have more sweets, less sweets, how do you feel, what happens, right? But there are, as far as moderation, it depends where you're coming from, right? So a restrictive dieter listening to this podcast for that moderation is having half a cupcake in a week. Right? Because they actually almost always are saying no to any kind of sweets or calorie-dense foods. And then on the opposite end of the spectrum, we have unrestrained eaters that really struggle to ever say no to food. So moderation is completely different for them right there. And they may be indulging more often. And so moderation from those two opposite ends of the spectrum actually means for an unrestrained eater, it actually means saying no a bit more, having less. And for somebody who is a dieter, it means probably having more sweets, right? Moving towards moderation. And I think this self-awareness piece that we keep talking about of getting very objective of like, you know, where are you at on that spectrum?

ANNIE

And what do you need?

JEN

And what do you need? Yeah, what do you need? In which way do you need to slide in order to kind of be living your biggest fullest life here? And so there's been lots of times in my life where, you know, Friday comes and I'm like, "Moderation, baby," and I'm uncorking a bottle of wine. And we're ordering pizza, and we're having cheesecake for dessert, and it's just these super kind of calorie-dense periods that totally negate the kind of healthy nutritional choices I've made Monday to Friday. Getting honest about that, like, is this moderation? Or would moderation be ordering a pizza? Maybe having a side salad with that? Maybe some popcorn? Maybe skip the wine, you know, like, and just kind of navigating that, like, how does that feel? Does that move me closer to my goals? Am I being honest about what is moderation?

ANNIE

Right. I think I'm guilty of this in the past, I used to have these big, indulgent meals, and call it moderation, and then be frustrated, why I wasn't losing weight. And the truth was, and this is why it's a way that I was self-sabotaging that wasn't supporting my weight loss goals is because I can build up a caloric deficit Monday through Friday, and then Saturday and Sunday,

completely knock it out with just a couple meals. And that's not to say that you have to be hyper-focused every meal every day, every hour of the week, but just, you know, let's be honest about what we're doing here. And is that, is that worth it to you? And maybe it is?

JEN

Yeah, and it might not be, right? So if you are finding yourself feeling either physically or psychologically restricted in making these changes, maybe they're not worth it, right? Like, I mean, that's not for me to decide. If they want to work through that resistance, they could probably go that route, or if they just want to say look, like I mean, for me, you know, we've talked about my weight and we've talked about how I've been 20 to 30 pounds leaner than I am now, I'm not even sure where my weight is right now, but it's within this 10-pound range. Could I be leaner than I am now? Yes. Do I want to do those things that it would require? No, that's not, that is no longer moderation for me. It's just not. It's not me living a balanced life based on my terms. When I was 20 to 30 pounds heavier than I am now, was I living a balanced a moderate life? When I decided to get honest with myself, the answer was no, I was indulging in, you know higher calorie-dense sweets and treats far too often. It was, yeah. And so once I was able to reach that place of honesty, I was starting to take the step I started to take the steps to gently curtail that beautiful to do a quick recap. Yeah.

ANNIE

Okay, so we had six lies that we have told ourselves, we see members say, that leads to self-sabotaging your weight loss goals. The first one was my relationship with my body and food will improve once I lose weight. You can work on your relationship with your food and body right now. You don't have to wait.

JEN

Yeah.

ANNIE

I need to be "enter goal weight here" pounds. I'm not successful until I'm at my fittest, leanest weight. Right?

JEN

Right. Yeah, not - that is a lie that you tell yourself and that you can find health and you can find weight loss even without being hyper-focused on an obscure number. Also, like quickly before, I know we're doing a recap, but considering the ebbs and flows of life, like I just shared that my weight kind of sits in a 10-pound range, and I sometimes it's on the higher end, sometimes the lower end, sometimes right in the middle. And like, that's life, right? Like, that's a level of flexibility. I have to say, you know, I have moderation balance in my life, it can ebb and flow with winter summer stressful seasons. Your weight is always going to ebb and flow. You never reach you know, 160.0 pounds and stay there. Your weight's always in flux.

ANNIE

Yeah. Number three, I'll start tomorrow. Spoiler alert, you can start right now.

JEN

Yeah. [Laughs]

ANNIE

Now's a great time. I should be able to fill in the blank with anything. Anytime you start using shoulds, it should send up a little flag in your head that's like, "Oh, let's get curious. Let's investigate." Number five, I'm doing everything right. And number six, moderation, hashtag balance. Sometimes I eat nachos. Sometimes I eat carrots. It's called balance, right? [Laughs] Consistency, frequency, all those, your goals. They all matter where you're currently at with food. We hope this was helpful.

JEN

Yeah.

ANNIE

And again, we share these with nothing but love. It's not to shame anyone or call anyone out. It's things we've done ourselves sometimes. Clearly, I still do every once in a while. But having that honest reflection and being objective with ourselves can really be a helpful skill to practice in those situations.

JEN

That's right.

ANNIE

All right. Thank you, Jen.

JEN

Thanks, Annie.

ANNIE

Bye bye.

ANNIE (OUTRO)

Hey, everyone. If your mind has been blown while listening to this podcast, just wait until you work with us. Let us help you level up your health and wellness habits and your life inside Balance365 coaching, head on over to balance365.co to join coaching.