

# Balance365 Episode 182 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

Welcome back to another episode of Balance365 Life Radio. Today we're doing something we've never done before. And that's releasing a behind-the-scenes peek into what it's like to be coached by us when you're a member of Balance365. When we asked this member if she would be willing to share this coaching session publicly, she replied, absolutely. It was such a powerful experience for her and she is happy to share if it helps others. There is no coaching session that is exactly like another and that's because every person is in a different place in her journey and has her own unique set of needs. This particular session is about the guilt and shame this member has carried for so many years for not becoming a diet success story. I'm sure a lot of you are going to be able to relate. My friends, there is nothing nothing that compares to working with our team. And we hope to see you on the inside very soon. As you may or may not have known, the doors to Balance365 open Monday and will close August 27 at midnight. We have a limited number of spots that are filling fast, so what are you waiting for? Now is the time, click the link in our show notes to snag your spot.

ANNIE

Let's hit the ground running. Who is this call for? If you are new here, we had a lot of new members join just in the last few weeks. So this might be the first time they're joining a call like this. This is one of our spotlight topic calls. You might be wondering, who is this call for, what are we even going to discuss here, those are great and valid questions. And the intention of this call is to hold space for some of the unique experiences that women in larger bodies face. Or if you were to transition from a larger body to a smaller one, or a plus size to a straight size, there are some unique experiences and circumstances that come up that no one was talking about when I was experiencing that. And I was like, I could use some help, I could use some support. Some of you may know that I went from a size 24 to a 10, 12, which translated to about 50 ish pounds. And there were like I said situations that I found myself that no one was talking in. And I know that some of you are struggling with the same things I was struggling with, if not other situations. Okay, I'm going to bring Barb in. Hi, Barb, how are you?

BARB

Not too bad, thanks.

ANNIE

Good. Okay, so, tell me, when did you join coaching? Why did you join coaching? And what habit are you working on?

BARB

A couple of weeks ago. Well, I absolutely want to be healthier. That's why I joined. And I'm working, I had been working since the beginning of the year on sleep. So I'm just kind of finishing that up. And then I read on into the internal cues. But I don't know why I feel this fear of starting. As I said in the question that, like, what if I start and then I fail, then I feel like there's nothing else?

ANNIE

Yeah, there's, finish that, there's nothing else for what?

BARB

To try, it's like I've tried everything. And I've been successful at times, but never managed to keep the weight off.

ANNIE

Barb, I hate to break it to you, but you already started.

BARB

Yeah, I know. [Laughs] I know. But it's like, not the hard stuff. I thought, "Oh, yeah, sleep's easy because I've been working on it for a while. And it doesn't seem, it doesn't seem so hard." But when you start with the food stuff, that's when it seems hard.

ANNIE

Tell me what failure in Balance365 looks like to you.

BARB

If I don't lose weight.

ANNIE

Okay, if you don't lose weight, then what?

BARB

Then I have failed, because that's the purpose of you know, joining.

ANNIE

Sorry. What does that mean for you, Barb, if you don't ever lose the weight, what does that mean to you about you?

BARB

I'm not strong enough, not smart enough, not...just I know I'm a smart person, I've done tons in my professional life. I have a lovely personal life. It's just, it's just this one thing that I don't feel like I participate fully in the world because of my weight.

ANNIE

I'm hearing a connection to your ability to lose weight. And your value.

BARB

Yeah.

ANNIE

That's a lot of, no pun intended, weight riding on that weight.

BARB

Yeah.

ANNIE

Do you think that's true? Is that like your, is that your worth? Do people love you? Because of what you weigh?

BARB

No. No. I guess I just feel like I've been at it for so long. And been unsuccessful, you know, managing to keep it off that...I just don't know. You know, obviously, this is different and that's why I joined it. Because what I was doing before wasn't working. Never did never, never would. But it's just scary to think, what if I, what if I'm not successful?

ANNIE

What if you don't try?

BARB

Well, that's the other part of it. Like, what if I try and I'm unsuccessful? You know, I know there's that too. So.

ANNIE

On one hand, if you try and you don't lose the weight, you fail. On the other hand, you don't try, you're guaranteed to fail per your previous definition. Right?

BARB

Yeah.

ANNIE

So when you consider that those are your two options, are you willing to try?

BARB

Oh, I'm definitely willing to try. It's just, it's just fear.

ANNIE

Have you ever done anything when you've been afraid?

BARB

[Laughs] Oh, sure.

ANNIE

Like what?

BARB

Lots of things, made presentations. Just tons of stuff.

ANNIE

And how would you say the majority of those experiences turned out?

BARB

Fine. [Laughs] Yeah.

ANNIE

Why would this be any different?

BARB

It's so personal. And again, because I've been so unsuccessful. And really, it's about the only part of my life that I don't have success.

ANNIE

Yeah. Have you ever tried like a skill-based approach to nutrition?

BARB

No.

ANNIE

Okay. So where's the proof that you would fail a skill-based approach to nutrition?

BARB

Yeah. There isn't any.

ANNIE

I'm sorry. What was that, Barb?

BARB

There isn't any.

ANNIE

Oh, okay. Okay.

BOTH

[Laugh]

ANNIE

Yeah, you're not comparing apples to apples. Right?

BARB

Yeah, well, and I understand that. That's why I'm here.

ANNIE

Yeah. How can we get you started on the hard stuff? Like, what would it, what would excite you?

BARB

I don't even know. I think I've sort of, in my mind, I've said, "Okay, well, I'm gonna work on sleep till the end of this month -" because I kind of do have it down - "And then I'm gonna move on to the internal cues and I'll just have to be ready," is kind of, yeah, that's what I've kind of been telling myself.

ANNIE

What does have to be ready mean?

BARB

Ready to do the hard work.

ANNIE

Okay. Say more about that.

BARB

I guess, maybe it comes from my family of origin but you know, with hard work, you can get any anything or anywhere you can do anything, blah, blah, blah. And so, I don't, you know, that's the conflict is I don't understand why this is just another example of it. But it's so hard. I think because I've had so much failure in the past of not being able to lose or keep off the weight. And I've had stuff, you know, that it has been out of my control, I gained 45 pounds when I my thyroid went to pot and I had three back surgeries and you know, I've had stuff interfere with that, but life goes on and I had, I have to do it. And I don't understand why I don't see that. Like, I got a master's in counseling. That was hard. I had three kids and I was working full time. And I went back to university and got that. So, you know, I have done hard stuff. But for some reason, this just seems different.

ANNIE

I think what I'm hearing a little bit, Barb, is you taking, and it's very admirable, you taking complete responsibility for your dieting failures. And I'm over here as someone saying, it wasn't you. It was the diet.

BARB

Yeah. I think I have to make that mind shift.

ANNIE

It was a system that was designed for you to fail, you and everyone else on here, like no one on here, on this call has had success with diets.

BARB

Yeah.

ANNIE

And that's intentional. I'm sure your immense accountability to yourself to take responsibility has probably served you in a lot of ways. And it's probably supported your success. It sounds like, right?

BARB

Yeah.

ANNIE

But this isn't your fault.

BARB

[Crying] That's reassuring to hear something isn't about my failure. But the process. That's probably a better way for me to look at it. Because then I could take the personal out of it and say, this is just something entirely different that you haven't yet to try, and are yet to do.

ANNIE

Yeah, you have...Did you join us for Cut the Crap? Is that how you found us?

BARB

Yeah. And I had listened to one other before that, too. But that's when I joined when I was listening to that.

ANNIE

So, I absolutely believe it's not your fault. And you shouldn't be disappointed or holding yourself responsible for failing diets. That was, that's the intention behind them. But I do believe that when you have new information, more accurate information, then you also have the responsibility and the power to choose differently.

BARB

Yes.

ANNIE

And you're here.

BARB

Yes.

ANNIE

And you chose differently. And now you're in the driver's seat. And comparing the two, it's not same-same.

BARB

No.

ANNIE

And so when you think about starting Balance365, although you have, you've already started, how do you want to feel?

BARB

I want to feel healthy. I want to feel like if I want to have pictures with my grandkids, I, you know, I don't have to hide behind something or someone or just, you know, experience life fully.

ANNIE

What's that feeling when you're experiencing life fully?

BARB

Joy.

ANNIE

What is that? Joy?

BARB

Yeah.

ANNIE

Okay, what else?

BARB

I think satisfaction. I can't think of any more at the moment.

ANNIE

Yeah, no, I like those. I think those are both great words, they're great feelings. When it comes to Balance365 and starting on this journey, this experience, what do you need? What do you, what thoughts would someone who is feeling joyful and satisfied be thinking?

BARB

Well, that anything is possible, and that you are like, I am capable of doing this. I am smart enough. I feel like I'm motivated enough. Yeah, but it's just, it's just that first step. That's a big one, I guess, or feels like a big one.

ANNIE

Do you believe that you are capable and that anything's possible?

BARB

Well, nothing in my life till this point has suggested otherwise, that hard work, you know, you can do anything with hard work.

ANNIE

Yeah. Was that a yes?

BARB

That was, I think a yes. [Laughs]

ANNIE

[Laughs] Okay. So when that fear of failure starts to like brew, I want you to remind yourself that you are capable and anything is possible.

BARB

Okay, thank you. Okay. Thank you very much.

ANNIE

How are you? How are you feeling about starting?

BARB

I feel more positive about it for sure. Like, I just need to probably, I listened, I didn't catch the first of the call yesterday about the core values, but I think going through that might be helpful for me, too. And then to think of all of the skills and strategies and whatever that I have that have served me well in the past that I could use in this instance as well. So.

ANNIE

Absolutely, I bet you've got a ton of them.

BARB

Yeah, I should have. [Laughs] I was a special ed teacher that's problem-solved for many different issues. [Laughs]

ANNIE

Yeah, you've probably got a whole bag of tools. Okay, Barb, when you are ready to start on internal cues, and you're maybe nervous, you're hesitant, you're unsure, what are you going to do?

BARB

I'm going to look back on what I will have written down by then about the skills that I have that I can use. And I guess I could post in the group and ask, I'm sure other people, I'm sure I'm not unique in this either. So that other people have felt the same and what have they done to help them move forward?

ANNIE

Yeah, absolutely. Or if you just need, if you'd like a coaching call anytime. Post in the group. We anticipate that, like, you know, you might be leaving this conversation feeling a bit more positive, but that fear might creep back in.

BARB

Yeah, yeah.

ANNIE

And when it does, you have resources at your fingertips to utilize.

BARB

Yes. So I appreciate that. Thank you, because I wasn't actually going to talk today but thank you for...

ANNIE

Surprise.

BOTH

[Laugh]

ANNIE

Okay, Barb, is this a good place to end?

BARB

Yes. Thanks very much. I appreciate it.

ANNIE

All right. Thank you for joining us, I appreciate your courage. Bye, my friend.

BARB

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](https://balance365.co) to join coaching.