Balance365 Episode 340 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 thousands 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 everyone. Welcome back to Balance365 Life Radio. We've got a brand new topic for you today that is crucial for your future success: Changing Your Thoughts. “What got you here won't get you there.” It's a quote by Marshall Goldsmith that we use from time to time inside of Balance365, and it means that the way you think and apply yourself right now is what's getting you your current results.

And if you want different results, the way you think and apply yourself are likely going to have to change. The problem is most people focus on their actions rather than changing your thoughts. We put a big emphasis on managing your thoughts inside of Balance365, and in today's podcast, Jen and I are going to summarize the four most common unhelpful thoughts that sabotage women's fat loss goals.

Now, if you are ready to learn new ways of thinking and applying yourself so you can have the success you're looking for, enrollment to Balance365 opens next month. Get ready for comprehensive nutrition and behavior change coaching that will change your life in the best way possible. Visit balance365.com/waitlist, or click the link in our show notes to grab your spot. We can't wait for you to see the world in a whole different way. Enjoy!

ANNIE
Hi Jen!

JEN CAMPBELL
Hi!

ANNIE
We are talking about thoughts that sabotage weight loss results.

JEN
Yeah, we are, and we're talking about four today, but there are more than four. But hopefully, these very common ones, help people start thinking about what other thoughts they might have that are sabotaging their weight loss efforts.

ANNIE
Yeah. I've definitely thought all four of these. I know our members run into these four thoughts. Do you have some personal experience with these?

JEN
All, all of them.

ANNIE
(*Laughs*) That's how we write our outlines.

JEN
Ye (*laughs*). We just write out our personal experience and it happens to be reflected in millions upon millions of women.

ANNIE
Do you think this podcast is for you? This is just a big journal entry (*laughs*). We, we did get a comment recently that referenced us being psychic or having like psychic powers because she just felt we knew what we were thinking. And I said, “Believe it or not, it's just because we've thought it too.” And we've coached thousands of women who have thought the same.

JEN
Yes, my stomach turned over there a little bit when you started talking. I thought you were going to like, read me a negative review. And you know how I feel about negative reviews.

ANNIE
No, I keep those from you.

JEN
Thank you.

ANNIE
But if you have nice things to say, you can leave us a great review.

JEN
If you want to give us a one-star review, Get the F off our podcast (*both laugh*).

ANNIE
You can send it, send it to me privately, not, not to Jen.

JEN
If you got five stars for us, sit down, bestie.

ANNIE
Tell everyone. Group hug (*both laugh*).

JEN
Just kidding. We're not perfect. It's okay. We can tolerate the discomfort.

ANNIE
Yeah, we might cry about it, but we can handle it.

JEN
A little bit, a little bit.

ANNIE
Okay, well let's, let's talk about thoughts first. You want to give us kind of just an overview here?

JEN
Yeah, so today we are going to be talking about thoughts. and changing your thoughts. Because in the end, that's the solution.

ANNIE
Mm-hmm.

JEN
Now you can't control your thoughts. That would be very nice if we could just pre program them in, but we can't. So I think, correct me if I'm wrong, Annie, but we have something like 50,000 thoughts a day?

ANNIE
Yeah. I was going to say 60, but it's, it's a lot. We think a lot of thoughts, but the thing is, I think we're not, I think - I have thoughts about our thoughts. We're not even aware that we have as many thoughts as we do because they're just so habitual.

JEN
Yeah, for sure. And some of those thoughts are incredibly helpful, and they are driving us towards the person we want to be with the behaviors we want to have.

And other thoughts we have are incredibly *unhelpful*. And the source of your self-sabotage. Now, as you listen to this podcast, of course, we are going to be talking about how thoughts can sabotage weight loss results. But honestly, this is just a life skill. And, you know, some of your thoughts may be sabotaging your relationship results, your work results, etc. Okay, so this is a, this is a whole life skill that we're talking about here.

ANNIE
I would say when I started to do some of this thought work, it carried over so beautifully into parenting.

JEN
Oh yeah, that is beautiful.

ANNIE
Specifically, like, wow, that's why I'm frustrated. That's why I'm panicked. That's why I'm reacting this way. Is because of this thought.

JEN
Yeah. And I have literally the worst thoughts about my husband, like I have to change (*laughs*). I got to work on that. I work on that all the time.

ANNIE
(*Laughs*) Or maybe thoughts about your business partner.

JEN
Sometimes! I share them with you though.

ANNIE
We just say those out loud because, because it always starts wit, “I'm having this though…” It's like our recognition of, “It's just a thought!”

JEN
“It's just a thought, but I just want to let you know that I'm thinking of how annoying you are right now.” (*Laughs*)

ANNIE
I know you think that often. It's okay, it's okay.

JEN
Well, you are annoying! The last time you made a Canva graphic for our social media, you didn't even center the text in the middle of the square. And you do annoying stuff like that all the time.

ANNIE
When did I do that?

JEN
I don't know. I saw it in Canva, and I was like, “I know this was her. This is just off slightly to the right and making my right eye twitch. This is such an Annie thing to do.” (*Both laugh*).

ANNIE
I'm just giving you an opportunity to practice some flexibility and imperfect action.

JEN
Working through the discomfort of my perfectionism, yes.

ANNIE
You're welcome. I think you should be saying thank you.

JEN
Thanks.

ANNIE
Okay. This is, this is truly not about us and our unhelpful thoughts, but we clearly have them. It's normal. It's common. We see it come up all the time in coaching. And in fact, I would say a lot of our coaching conversations, if they don't center around thoughts and mindsets, they often include or have some sort of like thought component to the conversation.

JEN
Yeah, for sure.

ANNIE
So just all that to say is, if you have any of these thoughts, you're not doomed, it's common, and we can work through them.

JEN
Yeah, and the other thing, too, to think about is how, you know, there is sort of unconscious evolution of thoughts. So for example, you might think in the morning, something at work makes you mad, and you think, “I am, I'm quitting this job.” It's just a thought you have. But by the end of the day, that thought has evolved. You don't actually quit your job and you're seeing things from a new perspective, and you're thinking something differently, which means you're getting, you know, a different result. You don't quit your job.

ANNIE
Mm-hmm.

JEN
So there's that kind of unconscious evolution of changing our thoughts, which can be impacted by just our own internal thinking experience, but also maybe from talking with other people or, just something new enters your environment that has you thinking differently. When we work through this podcast, we are going to be offering that you can consciously change your thoughts, right? So you can take control of that inner environment and acknowledge, “I need to change my thoughts about this.”

ANNIE
Mm-hmm. Yeah, but it needs to start with recognizing what you are thinking, right?

JEN
Yes. So first you do need to be able to recognize what you are thinking.

ANNIE
Mm-hmm.
JEN
Then you need to decide if this is what you want to think. And then you're going to need to ask yourself, “What else could be true here?”

ANNIE
Yeah. And I also want to say too, increasing awareness of your thoughts, it often comes after you've gone through the whole circumstance or the whole situation. So you might notice that, “Okay, I just mowed through a bag of tortilla chips. And that wasn't the behavior that I wanted to make. That wasn't in alignment with my values, my commitments, and my goals. What happened?” You might have to do some reflection and think, “What were my thoughts? What were my feelings? Right. And dig into it after the fact. It's absolutely okay and normal, if you are in the middle of a situation and you can't connect with a specific thought, that's unhelpful to you. You can do that afterward to build awareness.

JEN
Yep.

ANNIE
Okay. So do you want to kick it off with the first thought?

JEN
Yeah. So the first thought, the number one, most common thought that we see that sabotages weight loss results is the thought, “Screw it.” There is an R-rated version of that that some people say as well.

ANNIE
(*Laughs*) yeah.

JEN
Typically this happens when we are feeling tension over making one decision over another. And it's like, it can often be a result of black and white thinking, or all or nothing thinking. Have the cake or don't have the cake.

ANNIE
Mm-hmm.

JEN
Right. Or, order this at a restaurant, or the salad and a glass of water.

ANNIE
Mm-hmm. Or even in, in the middle of trying to figure out what to do, like, “Should I do this? Should I do that? I, what if, if this, then that, and I could, or I couldn't, or should I, or shouldn't I,” and that can, wind you up and just feeling overwhelmed.

JEN
Yes. And so when the tension feels like too much, there are many individuals out there that are saying screw it and going all in. Okay. And often what this leads to is eating even more than originally planned

ANNIE
Mm-hmm.

JEN
“Screw it, I'm gonna have the piece of cake, and that quickly turns to three pieces of cake. Screw it, I'm having the whatever at the restaurant, and then I ordered dessert and three glasses of wine, and then we stopped for ice cream on the way home.” So, screw it. Who's out there saying screw it? Are you Annie?

ANNIE
Oh yes. Yeah, many times. And in fact, I would say that I, I have this thought and sometimes I do even engage in the “screw-its,” I'm actively engaging in the screw-its. And then I am, of course, correcting like mid-screw its, you know, like, “Oh no, I indulged it. And now I've got to, now I gotta get myself back on track.”

JEN
Yeah. Yeah. So let's talk about a solution, okay. There's different points, right? So you've entered this cycle, right? Whatever it is, your screw-it cycle. If it's overeating, not exercising, watching three more episodes of Sex and the City, or whatever you're watching, you may notice the thought before you do the behavior. You may notice the thought mid-behavior, and you may notice you were thinking that after it's all finished, okay.

ANNIE
Mm-hmm.

JEN
The goal is just to pause and get aware of your thoughts. And if you're not aware until after you've completed the behavior or even midway, just know that in time and continual effort towards this, you can start catching that thought earlier on.

ANNIE
Yep.

JEN
So you pause, take a deep breath, and consider what you really need. So in most, like, “screw it” situations, people are having like a very, you know, black and white, all or nothing, binary experience. Remind yourself in these moments that our options, it's not either-or. Most people's options exist on a spectrum.

ANNIE
Mm-hmm.

JEN
And this is your chance to embody all or something.

ANNIE
Yeah. What I hear in this is moving from really rigid thinking, “I'm either doing this or I'm doing that, and I only see two options,” to more fluid and flexible. Like, “What all, all of my options.”

JEN
“What are all of my options?” Yeah. And the other thing in the screw it, experience pattern, the reason I added take a deep breath, is because I think when we get a case of the screw-its, or at least this is how I experience it, I'm almost, I'm in a pretty heightened state, right? So if I'm saying screw it, I'm probably in some kind of like, having some kind of internal panic. I'm dysregulated. You know, you got to do what works for you, but pausing and just taking a deep breath, I think can be very regulating. And taking a deep breath, taking a minute.to just breathe, you know, has worked well for a lot of our members too. Whatever you need to kind of, no one can see me right now, but my hand is up here by my head, to take you from up here to down here, right? Just your inner environment. You're like, “Ah, chaotic!,” and you're about to hit that screw it button, you just take a deep breath and just bring yourself down a little bit.

ANNIE
Yeah, I may have shared this on the podcast before, but many, many years ago, I, I hope I never forget this conversation, I was chatting with a member about responding more intentionally instead of reactively to her emotions. Because she was, she was overeating because, she was resentful, she was angry, she was upset. And we likened it to reactively cutting bangs. You know, when you have those moments, like usually late at night and you're feeling some type of way and you're just like, “Oh, screw it. I'm just cutting bangs,” right?

JEN
Mine was in August, 2010.

ANNIE
(*Laughs*) So, you know! You know, right?

JEN
And I will never do it again (*laughs*).

ANNIE
I just did the same thing recently as well. I thought, “Oh, curly hair bangs. Those are so cute.” And don't get me wrong. I think bangs are great for a lot of people. I think bangs can be adorable. I think curly bangs are awesome. When they're usually done in a very intentional, “I've given this some consideration to what the care and the maintenance and the overall styling commitments will be.”

JEN
Don't have a massive cowlick on your forehead like Jen that would cause it to.. yes.

ANNIE
Yeah, but clearly you and I did not consider any of that.

JEN
No.

ANNIE
We just went for it.

JEN
When did you have curly bangs?

ANNIE: Well, they're still, they're still growing out!

JEN
I didn't even know you did it.

ANNIE
Oh, well, that's probably because I've been pinning my hair back so much because I was like, “That was a mistake.” It's just too high maintenance for me. I think they're adorable on other people. But anyways, the point is, is that often when we make those decisions from a reactive place, we don't think through all the consequences and the results of those decisions versus just slowing down, as you said.

JEN
Yeah. And we're making the decision to escape the discomfort we're in.

ANNIE
Mm-hmm.

JEN
Versus pausing, getting ourselves out of discomfort, and then stepping forward with a choice that feels good for us, right? So it doesn't matter what you choose. It's to not make the choice in a “screw-it” moment. So it doesn't matter if you win or lose. Decide to have the cake or to not have the cake, or to have half a piece of cake. It's to choose, choose it, own it. It's a hell yes choice for you, and feel content with that choice. Typically, 99 percent of these screw-it moments, we have regrets later. And that's not what I want for people. And maybe, you know, maybe you don't regret the food, but it's like, it's just that like chaotic behavior that I think a lot of people feel kind of embarrassed about. They're not overly proud of that chaotic reaction they have.

ANNIE
Yeah. Or even just to feel frustration with yourself that when you seem to have this experience where you get overwhelmed, you get emotional and in that space, it becomes really hard to stay connected to your commitments that can over time really take a toll on your confidence.

JEN
Yeah, for sure.

ANNIE
And sometimes all that's needed is just slowing down.

JEN
Yes. So pause, take a deep breath, consider what you really need.

ANNIE
Mm-hmm, yeah.

JEN
Second thought that sabotages weight loss results.

ANNIE
This is my favorite.

JEN
“It doesn't matter.”

ANNIE
“It doesn't matter. It's fine.”

JEN
“It doesn't matter. A snack here, a bag of chips there. Another piece of pizza, a latte while I'm out running errands.”

ANNIE
“It's just this once.”

JEN
“Just this once.”

ANNIE
“It's just small, just a little nibble.”

JEN
And so all of that may be true, okay, and there's nothing wrong with any of these choices alone. It's the cumulative effect of when faced with the decision to have more food, you are consistently saying, “yes.”

ANNIE
Mm-hmm.

JEN
Okay, you like, you actually rarely say no. And you say it, and you have this thought, “Uh, it doesn't matter.” Okay, and if, but if you aren't getting any closer to your goals, if you are stuck in these different cycles of stagnant progress, no progress, then it actually does matter.

ANNIE
Yeah, it does.

JEN
It really does.

ANNIE
I am someone, I've talked about this before. I'm - my kind of default, my factory settings are to be more casual and loosey-goosey, whereas Jen's - maybe her default settings are more rigid and focused. So this comes up for me a lot like, “Oh, it's fine. It doesn't matter. It doesn't matter if that title on the graphic is just a little to the left.” (*Both laugh*).

But my filter for this, how I kind of evaluate this is, “Is this what's happening most of the time or some of the time?”

JEN
Yeah.

ANNIE
If it's happening some of the time, it probably doesn't matter. There is some truth to that, right? The message, the takeaway is not that you have to be perfect.

JEN
Yeah. For food, we're not talking about graphic design. We're talking about food.

ANNIE
Oh, right. Sure (*laughs*). But if you're noticing that you're saying it doesn't matter, or “it's just this little thing, or it's just this small choice, or it's just this, it's just this once,” and that's happening most of the time, then it probably does. As you said, the cumulative effects of those decisions might be coming in between you and your goals.

JEN
Yeah, for sure. I have two sort of health marker situations. I'm going to call it a situation. So just genetically, cholesterol and blood sugar are issues in my whole family. And so I need to keep an eye on those health markers. And I am well aware of the behaviors that support a positive trajectory for those health markers. And I notice this in myself. It's when you aren't really clear on your yeses, and your no's, then it's very easy for every single time to say, “It doesn't matter.” It's just so like, saturated fat is something that I just have to be mindful of. How much saturated fat I am consuming? And as a, saturated fat lover, specifically things like cheese, sour cream, dairy, essentially. My saturated fat can accumulate very, very quickly.

ANNIE
Yeah.

JEN
So that leads us to the solution, for all the it doesn't matter ladies out there, it is number one to

accept that you are going to have to use some restraint from time to time. Do you want to quickly explain the difference between restraint and restriction, Annie?

ANNIE
Yeah, that's a good question. So we describe restriction as sounding like, “I can't, I never, I always do this, I always do that, I shouldn't, I should.” It's again, very rigid.

JEN
It’s no. Right? It's no, never.

ANNIE
Yeah. And restraint, on the other hand, is “I can, I'm choosing not to.”

JEN
Yeah. And perhaps it's, “Not right now.”

ANNIE
Yeah. So it recognizes that you have a choice, that that is an option on the table, but you are choosing not to, because you see the benefit in that choice.

JEN
Yeah, absolutely. Absolutely. And so accepting that you're going to have to use restraint from time to time is number one. But then number two is deciding in advance what's negotiable and non-negotiable for you. Sometimes we call this your hell yeses and your hell no's, inside Balance365.

ANNIE
Mm-hmm.

JEN
So valuable eating experiences are the ones you want to have. Okay. And without them, your quality of life suffers.

ANNIE
These are the ones that are really important to you, because as someone who likes to eat, I'm like, “I want to have all eating experiences to be valuable.”

JEN
Yes. “I want cheese, and I want sour cream,” and you know, I want to continue to consume dairy. But it is teasing out, when are you A-OK with this, and when you say yes to this, it's because it improves the quality of your life. Everything else can be a no.

ANNIE
Mm-hmm, yeah.

JEN
So, I know I use this example quite often, but I think it's perfect. I am a “Hell, yes” to ice cream on a hot day after school with my kids. I am a “Hel,l no” to gobbling down goldfish crackers in my pantry at 3 p.m. because I'm just frustrated and stressed or whatever. Dysregulated.

ANNIE
Mm-hmm.

JEN
And so, you know, I've decided in advance that I'm going to keep the eating experiences that improve the quality of my life. And I'm going to work through reducing the eating experiences that don't add anything to my life. To be honest, they take away from it.

ANNIE
Yeah.

JEN
So when I think through, you know, the snacks, the bags of chips, the extra slice of pizza, the latte, while I'm running errands, it's getting just honest with myself around what is kind of a “Hell, yes.” What's a “Hell, no”? And even if it's, well, it's kind of a neutral experience, it's still a no. And so do I need to have a latte every time I'm running an errand? No, I don't.

ANNIE
Mm-Hmm.

JEN
I can also grab a Peach Aja Soda, or a Strawberry Bubly, which is another new favorite of mine, on my way out the door.

ANNIE
Yes, and going back to restriction versus restraint, what makes showing some restraint possible is because you have identified, “These things are really important to me, and I'm willing to sit with the discomfort of saying no to anything else, because I know that it helps support something that is really meaningful, right?” It's like going to Target and, you know, you're saving for a vacation, a big summer vacation with your family. And you're like, “Do I want to blow $20 on things in the one spot that weren't even on my list, but I think are cute and are fun to have? Or do I want to take that $20 and put it towards my family summer vacation? Because that's what I really want to do,” right? Like you're okay with saying, “No, I can do without those, because this one is more important to me.”

JEN
Yep, totally.

ANNIE
Yeah. So it doesn't matter. I also want to say about, it doesn't matter that I think just a general awareness or recognition or even acceptance, maybe is the better word, that those small

decisions do matter. Because I think that underneath a lot of those, “It doesn't matter. It's no big deal,” Is this belief that those small choices are influential.

JEN
Yeah.

ANNIE
But they are, they do add up.

JEN
Yeah.

ANNIE
Yeah. Okay. Number three.

JEN
Okay. The third thought that sabotages your weight loss results is, “This isn't fast enough.”

ANNIE
Like, weight loss.

JEN
Yes. It's not happening fast enough.

ANNIE
“I'm not losing weight fast enough. I should be going faster.”

JEN
Yes. So this one drives me nuts, okay! However, I have to check my ego here because the truth is, I'm not the boss of people's bodies, and I have absolutely coached some people who, they can totally benefit from increasing their effort which leads to an increase in the pace of their results. That does happen. But, there is a lot of people out there who are consistently seeing fat loss results, and the only problem is, is that their expectations for how fast it should be are wildly unrealistic. And there's just a lot of people out there who, the only experience they have with weight loss is crash diets, right? Like, “Follow this rule, these set of rules to drop weight fast,” you know, eat these foods, follow this meal plan, lose 10 pounds a week or whatever wildly inappropriate plan it is.

ANNIE
Mm-hmm, yeah. So the problem with those crash diets is that the results don't last.

JEN
Yes, that is. Yes. If you've been a listener for any amount of time, that will be like, ah, yes.

ANNIE
I mean, one of the many problems, I should say.

JEN
One of the many problems. One of the many problems, yes. So the question here is, you know, in order to, I guess create a more helpful thought here, it's like identifying, “Oh, this is a really unhelpful thought,” it's really understanding, you know, what is the right pace of weight loss? Like, what is that? And I know a lot of people, they, they want to know there's like the scientific answer, you know, that how to not have negative, you know, physiological impact. There are lots of different ways you could look at it. And we've covered that in past podcast episodes. But really what it comes down to is, the right pace of weight loss is what's right for you. It's what you can tolerate for behavior change while living your life.

ANNIE
Mm-hmm.

JEN
And what that looks like could be completely different from one woman to the next, right? You could have like woman A and she's, maybe she's just retired. She doesn't have any kids at home that she's responsible for. And she's just in a season of her life where she's really ready to focus on herself. Versus like woman B. Maybe she works full time. She runs three kids around, two activities every evening. And just, you know, their lives look different, and maybe the pace of weight loss might be different for these two women too. But nobody's failing here.

ANNIE
Right. I would say throughout my weight loss, my personal weight loss journey, and I've seen this in members too, that I've had seasons where I've been able to go faster, and seasons where I've needed to slow down So even just even it's not like you pick a pace and you set it and you maintain it the entire time.

JEN
Yeah, it's like running, you're running a marathon. Sometimes you get going at a good clip. You might slow down a bit, reach an incline, all of that, right?

ANNIE
Mm-hmm.

JEN
Maybe what's right for one woman, maybe she loses 20 pounds in four months. And that is, that's just perfect for her. While the other woman loses 20 pounds in eight months, and that's just perfect for her. So like, this is not the weight loss Olympics. Okay, and -

ANNIE
Ugh, can you imagine?

JEN
I mean, sometimes the world behaves that way, but it's a success in itself just to meet yourself where you're at, and do what you're capable of, right? Like that's sustainability.

ANNIE
Mm-hmm.

JEN
Yeah. So the solution here, the question, when you're having this thought, “This isn't fast enough,” another thing you can choose to think is, “Can you tolerate the changes that would make this go faster?” And I've had this conversation with so many of our members. And I'm open to having it, right. Like I'm happy to explore with anyone, if we could make this go faster. And for some, it's like, “Yes, I could take that on.” And for others, it's like, “Whoa, I hadn't thought about it that way. I hadn't thought about, you know, how much more restraint I'd have to show. How much more I'd have to pay attention, how much more effort I -” they just, and so then they'll settle into an acceptance that this might look a little slower, and that's okay.

ANNIE
Yeah. Yeah. You know, I think that the key here is really kind of playing it out in your head. What's the end game here? How does this play out? If I do increase my pace, does that result in me adopting behaviors that I can only sustain temporarily? I get burnt out. I get frustrated because I can't sustain it. And then go back to unhelpful thought number one, screw it, because I can't do this as planned or as, as fast as I'd like, I'm just not going to do it at all, right. And so honestly, like, I think this thought in particular contributes to a lot of women dipping out way too soon, way too often, because they, they get impatient. They want to go faster. They can't sustain going faster. So then they just quit altogether.

JEN
Yeah, totally.

ANNIE
Yeah. So you're suggesting to evaluate the pace that you can go.

JEN
Yeah.

ANNIE
Sustainably.

JEN
Yeah. For the long haul.

ANNIE
And again, that might fluctuate. Maybe you can go a little bit faster during the school year and slow down during the summer or whatnot.

JEN
Yes. I know for me, when I lost 25 pounds going on 10 years ago, I know for me, I had like a one-year-old, a three-year-old and a five-year-old. And I absolutely benefited from allowing it to

happen in the timeline it needed to happen, based on what I could take on in that season of my life.

ANNIE
I will tell you what the cycle that we see most common is, women want weight loss. They want fast weight loss. They get impatient with a slower approach. They increase intensity, they burn out, they quit, they take four months off, five months off, put back on any weight they lost, maybe even more, and then they try again. And then it just, that cycle perpetuates over and over and over again. So if you can stay patient on a weight loss journey, you are going to be,

JEN
You will only benefit from it. Yeah.

ANNIE
Pretty well off. Yeah. Okay.

JEN
Fourth thought.

ANNIE
The fourth and final one.

JEN
Yeah. Okay. “I'm never going to stick with this, so I may as well…” This one's sad, and I have, I have experienced this. I think you and I, yes, we unpacked this in an old podcast. Yeah, Episode 294. We unpacked my resistance to exercise. So it's just kind of fill-in-the-blanks, right? I have been there with exercise. Some people may be there with nutrition, they're snoozing their alarms, and they're eating all the candy. They're watching another episode of Bridgerton. You're just not doing the thing you said you were going to do, or wish that you could do, because you have this kind of underlying belief that you're never going to stick with it. And I find a lot of people who have this underlying belief running, they have just failed at doing the thing so many times. And instead of maybe developing the belief that, “Oh, maybe this approach doesn't work, or maybe this isn't a good time for me,” or maybe, you know, they instead developed the belief that something's wrong with them, and that they will never stick to it. Okay. And this goes far beyond health and wellness. I think there's people out there that aren't taking courses that they're interested in because they have an underlying belief that they're not smart enough. They're not, they're not going back to old hobbies. You know, knitting or joining a sports team or whatever, because they just think, “I'm never going to stick with it.” And on and on it impacts, you know, it can impact so many areas of your life.

ANNIE
Yeah, it also sounds like, “Why even bother? What's the point?

JEN
Yeah, “Why bother? I'm not going to stick with it. Why bother?”

ANNIE
Mm-hmm.

JEN
And I do think we jump into these commitments often when we're feeling motivated. And, you know, we really, really, really want to make the change. And when we're feeling motivated, we might start to believe, “Oh, maybe, maybe this is the time.” But we haven't really paused to kind of unpack that underlying belief. And then, you know, we hit, we hit a sticky patch in our behavior change journey, and it all kind of comes back and that belief comes flying back in. And we have, we haven't prepared ourselves with ways to kind of overcome that thought.

ANNIE
Yeah. I think oftentimes my experience with people that have an underlying belief that they can't build a skill, they can't achieve their goal, as they are even working through these commitments, the minute they sniff struggle, the minute they sniff failure, the minute they make a mistake, they're like, “Oh, there it is. I knew it. I knew I couldn't do this. So I'm out,” right.

JEN
Mm-hmm.

ANNIE
And it just, it keeps you really focused on the proof of why you think you can't do the thing you don't think you can do instead of, like you said, saying, like, “Maybe this was just the wrong approach or the wrong time, or the wrong goal, even.”

JEN
Yeah, absolutely. So I think also it's important to understand that this thought or this belief that you are going to fail is what is creating either the action or inaction that leads to the failure, right. So it, it's not that you are a failure and aren't capable. It's that you start thinking those thoughts, and it just leads you into the cycle.

ANNIE
Yeah.

JEN
Yeah. So if beliefs are just thoughts we've had, and that we thought over and over, and you can believe one thing about yourself, then you are perfectly capable of thinking something else and learning to believe something else. So this is when a thought or a question that can come into your mind I think is so helpful is, “What else could be true here?”

ANNIE
Yeah.

JEN
So if you think, “I'm never going to stick with this, why bother?” Ask yourself, “What else could be true here?”

ANNIE
Yeah, that's such a good question to help you start to explore. Because again, going back to this very rigid thinking, when you have a belief, it feels like fact. It feels true, but when you stop to challenge it and say, “Okay, well, not everyone thinks this way or behaves this way. What do other people think?” Even if you can't identify a thought within yourself, like, well, what does someone who sticks with it after they make a failure?

JEN
Yeah. Oh my gosh. I do this all the time. Obviously when I'm, when I'm going to exercise and I don't want to, particularly when I'm going to lift weights and I don't want to, I'm like, “What would Annie do?” (*Laughs*).

ANNIE
That's so sweet. I’m touched.

JEN
Here's what I know about you. And actually my husband, John, is the exact same way as you. I don't know how I ended up with you two (*laughs*).

ANNIE
Okay. Let's keep in mind that earlier in this episode, you said you think some horrible thoughts about your husband. So I'm not sure that's a compliment (*both laugh*).

JEN
I ended up with two people with lots of similarities, and that probably says more about me, and how wonderful I am. But anyways, (*both laugh*) my slippery thoughts are very rooted in perfectionism. I seem to have overcome that in nutrition in my life, but I still have to put a lot of effort into managing those around exercise for whatever reason. So things that I do are like, you know, say I have slept in and I normally work out from like 6 a.m. ‘til 6 45 kind of thing, and I've slept in ‘til 6:30. I just have this huge resistance to like running downstairs to where my gym area is and doing 15 minutes of lifting. I'm just like, that's just like a no for me, for whatever perfectionist side of me is. But as soon as I am like, “What would Annie do?” or, “What would John do?” You guys would do it. That's what you would do. You'd go lift for 15 minutes.

ANNIE
Yeah.

JEN
And so as soon as I am like, “What would Annie do?” I'm like, “Ah, she'd go lift.”

ANNIE
Yeah, you're right. I would. And I do think that that can be helpful, if you're struggling to identify other options, so other ways of thinking, connecting to someone that you know, that's close to

you, like, “Okay, they don't do this. They don't have this problem. What do they think? How do they, how do they see this? How do they solve this?” right.

JEN
Yes, and I see our members all the time say things like, “Jen and Annie were in my head,” and was like, “Oh, what would Jen or Annie do? And it's like, it's usually when they're trying to embody all or something, right? When they're like, “Jen would just grab an apple. That would be her fruit for this meal.” Check. And it can be, yes, so very helpful to just remove yourself from your own experience and, you know, look at somebody who has figured out the thing that you are trying to do. What would they do?

ANNIE
Yeah. Yeah. I also want to say too that notice, please notice, throughout this entire podcast episode never once did we say that you have to get rid of these thoughts, right? I think that's a huge misconception that people think that, “The only way I'm going to be successful is if I fix my mindset first.”

JEN
“If I don't think this anymore.”

ANNIE
Yeah. “If I, if I perfect my mindset, if I get clear on my values and I have a clear goal, then I will be fine.” And that would be great if we could do that. I have been working on this journey, on this new, well, it's not new really, but this way of living, for 15 years, and I still have unhelpful thoughts all the time. The difference is I don't indulge those as often as I used to, right? I don't see them as the fact that we've been talking about.

JEN
Yeah.

ANNIE
Yeah. Okay, you want to do a quick recap? The top four thoughts that sabotage weight loss results?

JEN
Yeah. Number one, “Screw it.” Number two, “It doesn't matter.” Number three, “This isn't fast enough.” Number four, “I'm never going to stick with it, so why bother?”

ANNIE
Yeah. I would love to hear, people are listening to this, if they want to tag us, they want to send us a DM, and tell us what they think their unhelpful thought is.

JEN
Yeah

ANNIE
If they noticed any others, when they were listening to this, come up for them.

JEN
Yeah.

ANNIE
Okay. Good chat. Thank you, Jen.

JEN
Awesome. All right, thanks everyone.

ANNIE
Bye bye.

JEN
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 https://www.balance365.com to join coaching.