

You're listening to episode 157 of the Devoured podcast. Welcome to Devoured, the podcast for women like you, who have tried restrictive diet after diet and are ready for simple solutions and resources to help you lose weight for the last time, from a place of abundance and peace. If you're looking to end the yo-yo of comfort eating and rigid weight loss protocols, and instead step into living your life on your terms while losing weight in the process, you're in the right place. Well, well, well welcome my party people. How the heck are you? I wanted to let you all know I'm looking out a different window as I'm recording this episode. I have been in Bend, Oregon this week and it's been so lovely. I have never been to Bend before, and it really is reminded me so much of Denver or Fort Collins. Some of the cities I've been to in Colorado before. Very dry, very warm and deserty, high desert and shrubby, shrubs everywhere. Little quails are running around doing as they do.

It's been really, really nice to have a change of scenery. I feel like my cup has been so filled this week. And I hope in whatever ways, you been able to fill your own cups. That you are doing that for yourself this week. And if you're not, maybe this is the episode for you. We're not talking about cup filling per se, but we are talking about keeping the peace, being the peacemakers, the peace creators.

And how this beautiful strength of ours can shift how we're approaching our wellness, approaching our weight loss even if, we're not going to continue with the analogy of filling your cup. I think this is a very relevant feeling to the subject of today around keeping the peace. And I feel so compelled to share today's episode, because for any of you out there who are into the Enneagram, or Myers-Briggs, or the four tendencies, any of those personality tests, I am going to posit a guest that a lot of you are out there and specifically what the Enneagram, this not an Enneagram episode, but just for that added level of clarity, I think quite a few of you out there are type nines.

You are the peacemaker. This is apart of your identity. Even if you haven't done the Enneagram before. You haven't taken any of those personality tests. I think a lot of those who come to the show, who I'm talking with in the DMS, who are joining lean and liberated, who are just curious about how to lose weight in a way that feels safe and expansive emotionally, that like losing the weight is actually us coming into our best lives, not just shrinking away or shirking away from life. How do we do that? I think a lot of us who are coming to these subjects really wholeheartedly are actually peacemakers. We're the people in the families, or I see this time and time again too, we're the people in our communities who are the support figures. People come to us because we're good listeners. People come to us because we can logic through things.

We can analyze situations. We can have really awesome insights and offer supportive ideas for those who are navigating their life, therapists, counselors working in school systems. I see this time and time again. And so I want you all to know as we're talking about keeping the peace when it comes to losing your weight. Remember so many of these subjects that we talk about on here are life-giving in certain areas of our lives. Being a peacemaker, peacekeeper, being the go-to, being that grounding rock for others, is a beautiful thing. So we don't have to negate the beauty of how we've come to the present moment. Right. We don't have to negate that. Sometimes for some of us, we became peacemakers because that was required of us when we were younger. We might need to grieve part of that to really feel the full experience of why that came to be.

Maybe there were reasons that looking back, we wouldn't have chosen, right? The re-circumstances that when we were younger, influenced how we reacted, and if we could choose as an adult, we wouldn't want a kid to go through that experience. But because we have ourselves, those are the realities of our lived experiences. We might need to grieve that, be with it. But we also might need to celebrate it because it allowed us to rise through and come into our own strengths. And so listen here. Our strengths can be double-edged swords and swords are powerful. We wield swords for a reason. They support us. There are tools. So I want you all to see today, as I dive into keeping the peace and

what that means around weight loss, is that this is never to undo someone's identity. This is to come into a greater grounding and reckoning around our true identities, our true flexibility, our true lives, and what it is that we can call in. And what it is we can shake off and say, you know what? That's no longer for me. And that doesn't define who I am. Okay.

So keeping the peace when we're losing weight. I want to give you some tangibles of what that could look like. Okay. Keeping the peace when we're losing weight means you're worried about telling other people what it is that you're doing. And now this is not just, you're doing something new and you're trying to keep that close to heart before sharing. This is a little more nuanced. If you have particular relationships that you are worried that if you share with them, when you are ready in your own time to talk about your weight loss journey, or you're deciding that you're no longer restricting your foods, or however it shakes out. Whatever you're noticing. Right. If there are certain relationships where you do not feel safe to share that, and that is keeping you in the loop of keeping the peace for other people, the surface level piece for other people, I really want you all to get curious this week. Is that true ownership of your thoughts?

Because we can have the level of self-awareness that we are in charge of our thoughts, that our thoughts create our feelings, that we take actions consciously, sometimes unconsciously from those actions. That we get our results basically from our thoughts. We can have that level of self-awareness, but if we don't feel safe in that as a belief, what we'll find is that, we'll on the surface, show up to some of the actions with clarity. And some of the action will continue to be repeating and repeating a pattern that is actually part of the pattern of the dieting cycle. Now, here's my question. If you're looking to truly liberate yourself and to truly call in unabashedly and safely, this new lived experience for yourself of no longer even needing to have a whiff of diets. I really want you to get curious, how is keeping the peace for other people's thoughts, which are the things we do not own, other people's thoughts are circumstances.

If we're trying to navigate our lives, not by circumstance, except we still are in certain situations. I really want all of you, this is like a serious question, because this is where push comes to shove when it comes to our wellness. If we are feeling so concerned with someone else's opinion, I want you all to know if their opinion is going to be that you're assuming is either negative or probably not positive, that is 100% for them. And if we're worried that their opinions on our choices are going to affect how we feel and that we might stop our choices because of their opinions or we might start other choices, fall on or off the bandwagon, that is part of the dieting cycle. I want you all to see that. That, that is one of those intangibles. It's not like brushing your teeth. It's not an action you're doing or doing, but the thought behind it, the intangible thought is that other people's opinions affect how I feel. And I need you all to know, this is a really a big deal because that is not the truth.

We will have different levels of relationship where we will honor other people's thoughts, more or less. Right. An acquaintance, someone on social media, a family member, all of those different people have different histories. So they're going to be stratified in our social sphere, in our brain matrix differently. But regardless, when we're losing weight, the weight is for us by us. And if other people's opinions are going to be informing how you show up to learning about yourself, that is you choosing a circumstance to make this weight loss more difficult than it needs to be. And this is a bit of tough love from me this week. I hope you all feel as you've listened to the different episodes before that, like this whole process is loving. Part of love is actually really saying, what is it that I'm doing? What is it that I'm opening my eyes up to every single day?

I don't have to hustle through weight loss. And if I feel that someone else has thoughts about my weight loss, decides whether I show up to my weight loss more or less, because it decides how I feel, how I feel about sharing with them, how I feel after they tell me what they think. That's not weight loss by you for

you. That's weight loss by you for you with an asterisk, except when it isn't. And what that boils down to is actually pretty simple concept. And it's called over-responsibility. And the reason I started the episode off with sharing about some of the identities that I notice is that this is a really common feeling. This is something that I navigate through a lot. I think that's why I'm feeling so called to arm today to share about it. It is so easy, especially in our Western culture, especially as people who are women, we can so easily be taught a story that we are responsible for how others feel.

And we're taught that from a very young age. Diet culture I think, kind of steeps us. I would say that's a part of diet culture, is that a lot of us can feel and be in the belief system of other people that we are responsible for how they feel. That their brittle view of the world might be broken by how we're showing up. I need you to ask yourself what would be the worst thing that would happen if their brittle view of the world were to break because you showed up as your full self and you showed up unapologetically and without fight.

A lot of the times, I see that as a big reason why women hold themselves back is because they're bracing, they're engaging in over-responsibility for how other people think. Or potentially when other people share those thoughts that they then take on certain emotions because of those thoughts. When we're having that experience, what I then see is that we feel that over responsibility, because we don't want to rock the boat. We want to keep the peace. And so we say, okay, I'll just keep doing the inside stuff. And I won't really let people see myself doing the inside stuff, which is great. There are boundaries there.

Remember this is all across a spectrum. But if that pattern actually starts to hold us back and we're doing the internal stuff internally by ourselves, and we have opportunities where we could share or we have opportunities where we hold ourselves back because we are scared of the consequences of sharing versus being boundaried and really respecting when we do and don't want to share. That is part of diet culture, my friends. Because that's power and control culture. That's someone else's thoughts and feelings having power and control, being superseded above your own thoughts and feelings. That's not how lifelong weight loss works.

So we get to be so proud of it as we're going through these journeys if we notice that we are dipping into old responsibility, because it's not a bad thing. Like I said, it's a beautiful strength that so many of us have wielded. We have this really sharp, beautiful sword, and it's supported us through our journey up to the present moment. So we don't have to drop the sword. We don't have to reject it. We don't have to lament all the time that we've honed in those skills. No. We just get to see it in a new light. We get to hold it in a different way. Its get to be the opportunity to say, oh, and now that I know this, I can create the ability to go even deeper inside of myself, because that actually is the process. That actually is the reckoning. That actually is a homecoming.

So when I share all this information with love, the whole idea here is not for you to look at the last week and notice and start to nitpick, oh, shit I showed up that way in this instance. Or I didn't say this and I couldn't... It doesn't have to go like that. All of these subjects get to be a life-giving for you because your thoughts and feelings are for you by you. That's the deepest part is that you get to have complete ownership over your thoughts. And when you cultivate that for yourself, you then allow others that opportunity. Just like when you step into deeper leadership for yourself. By proxy, other people will see that. And if they're triggered by it, that's not your problem. I mean, if it triggers you, that's not their problem. It's the ultimate release of control. And I tell all of you this, because that is the true power that creates those feelings of safety in your body. Catch my drift.

If we keep repeating the old patterns, we just habituate that the old patterns are the patterns that we do. So sometimes just the scariest part of trying something new is being in the decision of trying the new thing without feeling like there's going to be a mess or that there's going to be a mess that we have to

clean up after. Not my monkey, not my circus. And that can feel like a confrontation when someone says that. It can feel like a confrontation in our hearts. Well, not my monkey, not my circus, but maybe I could help. Maybe I could be like the ticket person at the front door. I have some free time. I don't know.

Love that energy and where that comes from. That's why in the story work that we do in lean and liberated, this is not to compartmentalize any lived experience we've had. It's just to lay it all out there, to unpack it. To let any of the clothes that have been stuffed into the backpack and they're all wrinkly, to let them like de wrinkle themselves just because they're hanging out. We don't have to throw the clothes away. We don't even have to go like put them in the laundry machine and clean them to put them back into the drawers. They just get to hang out and we get to see, oh yeah, that shirt was in my backpack. It was really stuffed in there, but now it isn't. Okay. My backpack is my shirt. Not for anyone else. I can see the circus. I can walk by it. I can see the circus. I can look at it. I can see the monkey in the circus. I can see the monkey running away out of the circus. I can see the monkey running back into the circus, not my monkey, not my problem.

When we come to these subjects with love for ourselves, we start to see how simple all of it is. Just that our culture kind of complicated a lot of things. And that's okay. Maybe you didn't know better. We don't have to worry about that too much. If we start to notice that we're sitting in the worry of all these subjects, because we're so damn smart and our brains are working so quickly, that then can be us in a pattern of reflecting instead of feeling safe enough to take action. So that's why I like to share these episodes every week is to say like, let's learn something here. Let's have a chat, let's have a sit down, chit chat. But it's not just so that we then chit chat next week, and the week after, and the week after. Between that, I give you all homework, right?

I want you to be taking action. I want you to show yourself how safe it is to take action. I want you to see what happens when you share something with someone, they share an opinion that you would actually prefer them not to share. And you start to see, wait a second. I can be okay. I'm 100% safe. I am 100% loved when someone shares an opinion that is different than mine. And I don't have to take care of their opinion. When we start to feel safe, physiologically in those arenas, that is when life changes. It's not just when we write about it. It's not just when we hear the concept and it sounds cool. It's when we do it.

So I encourage all of you this week to try it out, flex the muscle. Try it in the smallest arena. Write down all your thoughts on a piece of paper, do the brain dumps, get it all out there. Notice all the differences. Where am I trying to keep the peace right now? How is that feeling for me? How would I love for things to go? Is there anything I need to be grieving right now? What are the realities? What are the truths? How am I showing up? What am I feeling? What am I thinking? What's going on? This will become so much easier when we just lay it all out on the table. And once we do that, then we start to realize not much has to change, but I might have different thoughts and I can honor those for myself because that's my job, not the job of anyone else. I own my thoughts. I take ownership over them. That's when weight loss becomes radically simple.

And that's when the circumstances that will inevitably rise because life is lifey. Life likes to happen. That's when we see, oh, I am the ship that is riding the waves of life. Whether I'm on the crest of a wave or between them in the valleys, doesn't matter too much because I'm flexible. I'm not brittle. And if other boats on the wave are brittle, that's okay. That's their journey for them because this is my journey for me.

Though I hope this episode finds you so well. Shoot me a DM on Instagram. Let me know what you're thinking of the show. I love to chat with all of you there. Send me a little note, send me a note, friend me on Facebook. I link all this stuff in the show notes for a reason. I'm here to be chatting with you. And

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if you're feeling compelled and you're really like, man, this is the stuff I want to be talking about. This is the stuff I want to be processing. I invite you to join me and sign up for lean and liberated. What are you waiting for? Let's go. Let's do this. Why? Because you've got this. Did you know you can find more support from me on my website. Go to Lucia Hawley, L-U-C-I-A-H-A-W-L-E-Y.com to connect.