

You're listening to episode 166 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.

Party people, hello. Hello. I am back in Portland, where are you? I think a lot of people are traveling this summer and traveling in the way and with the capacity that feels best for them and y'all, I honor that. I think that is so wonderful. I hope as it is safe for you with the structures and considerations that you need. I hope you are able to be with loved ones in whatever capacity, is just lifting your heart. Maybe you're getting hugs. Maybe it's just being around them outside. Whatever it is, I'm just sending you all so much love. It was such a whirlwind trip to go to the Midwest to visit my family as well as my boyfriend's family and it just filled my heart so much. And I will also share as a introverted, quiet, I know as much as I talk on here I don't talk a lot in my life otherwise aside from work.

As an introverted, quiet, tender, highly sensitive person seeing so many family members and doing so many activities ripped off the band-aid that I had been worried about, that the pandemic was forming for me, of not only having cabin fever, but having to reacclimate my nervous system to doing stuff again. So, I will say to anyone else who is sensitive or feeling overwhelmed, both advocate for your needs and also know you are always so strong. You are always so strong and you likely can do plenty and it gets to be one of my favorite phrases, both end. Cause now we're back here in Portland and my vertigo is better, I'm feeling so strong. I'm lifting these 35 pound dumbbells, which I think I need to do a whole podcast episode about strength, I've been wanting to. I'll save that for another time. The cup is being filled and it does not happen quickly. I think that happens slowly, methodically over time. But I must say, what else could be a better plan for your life than slowly adding to it? No rush.

Who lets other people rush you. And then you're doing a million activities, again both end. So on today's episode, what I wanted to chat about is actually the judgment of others. Now, this is an entire module in Lean and Liberated, and this is a very common experience that many folks have. I would say, this is a very human experience that oftentimes we can place and externalized our locus of being in charge, and we can put that on other people. And sometimes that can come across as people pleasing, making decisions that put other people first for reasons that really don't align truly with your values. It's a wonderful thing to put other people first so that's a nuanced conversation. And sometimes many of us can feel like well, actually, we've internalized so deeply the potential of what it might feel like if other people judge us.

We can internalize that potential so deeply that we avoid a lot of experiences. We avoid a lot of goals or places we want to be moving ourselves towards because of the potential of what it could maybe feel like if someone would happen to, per chance, maybe, potentially not fully agree with your every single move. Now, the reason that this ties back into weight loss conversations and honestly, a big reason I created Lean and Liberated. You have to remember, it's been almost two years since I've made this program and I made it... Gosh, I can do a whole other episode on my journey of deciding to make Lean and Liberated. It could be really interesting to do. But I made Lean and Liberated because I was this person who had a history of losing a lot of weight and who had weight fluctuations throughout our life, but had this big 80 pound weight loss and I've been on multiple sides of a weight loss journey excursion.

I had been at a higher weight and experienced judgment from people. I'd been at a lower weight, experienced judgment from people and I've been at weights all between. And I was the same dang person all the way through, right? I bet that probably resonates. How many of you have experienced

that too? The world loves to judge. And I touched on that in last week's episode, episode 165 vulnerability being seen. So, it's really piggybacking off of that conversation. People are going to judge us no matter what. That gets to be awesome and here's why. The more we practice attenuating our nervous system to the potential of people judging us, the more we are able to really hone in on if we would so like. The more able to hone in on our values and how we stand for them and why we stand for them. And now if you're asking, well, why do values matter? I'm going to encourage you to first of listen to the core values episode, I will link that in the show notes.

And secondly, know that the reason core values are so important in this process of losing weight of living your life in a way that is aligned for you, is that it actually gets to fact check what aligned is for you. It actually gets to fact check the actions that you're taking, because you can have the same actions on a piece of paper. And I've said this in an episode probably a long time ago now. But if you're eating a salad and it's actually so interesting, I was just talking with a client about this and I was like, "Wow, this is awesome cause this is a common experience." If you're eating a salad and that salad is perfectly composed. If it's all of the diet components, the diet that you're on is really perfect, it feeds you perfectly.

If you're eating that salad and you're not into it, right. You're not nauseous, but you're just turned off from it. You're not in tune with it. Your mind is somewhere else. You're also completely stressed out about if it is perfect, even though it is, right? There's a level of perfectionism around this salad, that experience of eating that salad is totally different than eating another salad that actually is composed in the same way as that first salad but that other salad is one that you're excited about. You're open to receiving it. You're curious about the flavors of it. You're ready to be with it. You're allowing yourself to focus on it. Our bodies have two different experiences. Even though on paper we ate the same salad, had the same lunch or dinner or whatever. So, when we route into our core values, we're very much more able to understand, wow, am I living a life in a way not only with what I'm doing, but who it is that I feel I'm being right now. Does that align with my values?

Not with the values of other people or what's going on in the world because the world will always be full of judgments, number one, it just will. What we just get at like be with the truths of that. There will always be people with opposing views. There will always be people who are going to tell you, you're doing things wrong. Just like there are always going to be people that are telling you that you're doing things right. That's another form of judgment. Judgment is not always negative, it's positive too. So, if we really start to just allow that to be factual, that people own their thoughts, they own their feelings, the radical permission that gets to bubble up from being with that is that you're allowed to have your thoughts. You're allowed to have your feelings. And so what I was going to say about Lean and Liberated is that, it was challenging even though I had this deep knowledge of what it is I valued.

That if people want to lose weight, they're allowed to, but that felt very at odds with some of the circles that I was in, in terms of the nutrition and wellness communities. It felt like directly in opposition to what many folks believed or felt to be true. And so I will tell you from firsthand experience, as well as my own nutrition and wellness journey. I will tell you that your nervous system might send you a lot of signals about how it could be the end of the world when you actually believe something that is so different than many of the other people that you might be around. And I will tell you that nothing's gone wrong, because I will tell you that that nervous system is simply trying to keep you safe. It's trying to love you. It might not have all the tools and abilities to see the world as even bigger than what it's focusing on in that moment and that's okay.

Because the fact check there, when we have a nervous system that is like, "Whoa, red alert, this is hard. Yikes." Unless if that's a big trauma response, please go see a trauma informed specialist, licensed specialist who support you with that. I'm talking about not that level 10, 12 alarm, but when you have

your stress system that has activated and that things are feeling challenging. I really want you to see that when we come into our core values, we get to be able to just delineate. Am I actually safe right now socially, emotionally, et cetera? If I am safe, is this feeling difficult because of others opinions, others judgements? And if that feels to be true, what would I like to do about it? And that's where the core values come in. For me, my core value was I cannot not talk about losing weight, even though I know that right now I'm in social circles that are saying it is not a good idea to talk about weight. That there is not a way to lose weight in a loving way. That those subjects should not be talked about.

To me, that made absolutely no sense from my own values. And so even during a difficult time, that was emotionally difficult to wake up and be like, "Ugh, I'm thinking something really different than a lot of people that I know." I'm going to stick up for myself, not from a place of rebellion but from a place of love. And it becomes easier to have it be from a place of love when we're coming from our values. And so, I want you all just to think with that, that example of the salad, example of creating Lean and Liberated. My value is that people are allowed to do what they want. They can make their own decisions for themselves. There's a level of freedom of liberation that we can offer to ourselves and it can feel muddled up and confusing because of so many messages that we get, especially in our modern era, it is so exceedingly easy to have so many messages, which can feel overwhelming. But on the flip side, we can just see how much potential there is that actually, we just can root down more into ourselves.

You see how it's almost like the two sides of that. What can be overwhelming can also be very freeing. So I want you, if you'd like to [inaudible 00:12:42], if this is like your homework for the week, I want you to get really curious about other people's judgements if you notice that you're navigating your life to try to avoid people judging you. Because here's another spoiler, people will always judge you. They're judging you right now, and it's absolutely none of your business. And if they would like it to be your business, they can tell you so. And even if that is true, it can still be none of your business. Your business are your thoughts, your feelings, your actions and I would also say your heart and your values and your beliefs.

If you ever feel at a loss for what to do when it comes to losing weight, I know I get so big picture here but we're talking about losing weight. If you ever get confused about what to do, I encourage you to do the core values exercise so that you can always start to understand, if I peel back the layers of the onion of this action I'm going to take, or the thing that I'm thinking or the feeling that I'm experiencing, if I really take some time with it and I peel back the layers, do I come home into a value of mine? If I do, I would say, cool. That could be a pretty great place to explore.

And maybe that's your green light to go ahead and really try the thing. And if it doesn't come back into a core value, my guess would be that's just your nervous system trying to keep you safe and it's grasping at straws. And our only job there might be to really love up on that nervous system. And when I say nervous system, I just mean it might be a stress response. And often our stress responses are provoked by what we believe about other people judging us. So, give that a go this week. Truly this experience of losing weight of shaking the [inaudible 00:14:33] off of your shoulders, you get to define how it goes.

And if it's a subject that you're ready to look into more, beautiful. If it's a subject you don't want to touch, that is also the radical permission. Is that you can't do this wrong. And so, if not talking about it is what is life giving for you, that gets to be your truth and you can rock and roll with it. And if you're ready to talk about it more, and that is your truth, you can rock and roll with that truly. So, I hope this episode found you so well. I hope your summers are summery in the way that is supportive for you and I will see you all on the next episode.

Did you know, you can find more support for me and my website. Go to Lucia Hawley, LUCIAHAWLEY.COM to connect.

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