

Speaker 1:

You're listening to episode 170 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.

Speaker 2:

All right, everyone, welcome to the show. I'm super duper excited to have a Best Of episode. We're going to be listening to an episode I released last year that is a fan favorite, a client favorite, and that a lot of you like to come back to as you're on your weight loss journeys. So, this episode is How to Love Yourself Down the Scale and I'll let the episode do the talking. So sit back, enjoy and let's rock and roll.

Speaker 1:

Today's episode, How to Love Yourself Down the Scale is coming from the fact that we have to talk about the scale if we want to be losing weight. And I'm saying that as someone who, I would say for most of my adult life, I have not owned a scale. I have a scale now, I purchased one about a year ago, and have had access previously to places, like gyms, that do have scales, doctor's offices, et cetera. But, I think we really need to have some time around the concept of the scale being this big bad thing, because I used to fall on, well, I go a lot of different ways.

Speaker 1:

So, in Lean and Liberated, I provide women two options. Number one, if you really don't want to use a scale, I am not here to tell you to go use a scale. Okay? You have full... This is part of being liberated and having autonomy. You can learn a process and not need the scale to be corroborating what's occurring. Okay? So, if you don't want to be using the scale in Lean and Liberated, I do encourage people to either find a outfit or to take photos once a month in order to be aware and create an additional set of data points around your awareness of what is occurring in your body. Because, if you're in Lean and Liberated, you have decided that you want to lose weight. So, I honor that with you and I need you to have a way to see and to feel beyond just what you're feeling internally, because our internal cues can feel at odds what is occurring over the longterm, especially with consistent weight loss that isn't from a crash diet. That consistent weight loss occurs more slowly, and slowly is not a bad thing.

Speaker 1:

But, when we have slower weight loss, it affords the opportunity for our ego brain or for our fretting brain or our scarcity brain to come in much more frequently and say, Oh, it's not going right. Oh, it's not going right. Oh, it's not going right. Versus when we're able to accrue gentle data to notice, Oh, what is going on? Oh, okay, even though if I don't see a change throughout the month, day to day, I do notice something photo to photo. Okay. So, that's one way that we track in Lean and Liberated.

Speaker 1:

And then the other way is that I encourage women to use the scale. Now, here's the thing. We're not chasing pounds when it comes to using the scale for measuring weight loss, okay? What we're doing is that we're practicing normalizing noticing over time how our body weight fluctuates. Because your body weight is just you and gravity. All right. I will add in my own note. Here I am six feet tall. I would say that

my body weight probably more closely resembles that of the "average male" than that of the "average woman." So, as someone whose body's weight has always looked higher than what would probably make sense for like a 5'6", 5'5", I don't know what the average woman, what her height is, but a body weight that is around...

Speaker 1:

I will add in that I feel like for a lot of women, 150 is the number just "the number." If you're above it, Oh my God, weird if you're below it oh my God, great, a lot of emotions around that number. And then if you hit 200, you don't want to be talking about your weight at all. And I will say that, back in the day when I used to coach men, and I used to coach men on, especially the men who are coming to me, some were coming for weight loss, some are coming for gut issues. I saw a lot of different people back in the day for a lot of different nutrition related things. But, quite a few of the men that I was working with at the time were going to a gym and they were wanting to develop more muscle mass. So, they were wanting to gain weight.

Speaker 1:

And I just thought that was so fascinating that in terms of what our brains decide numbers on the scale of mean, no guy that I ever saw, regardless of his height, wanted to be 150 pounds. They thought that that was the worst thing ever. And no guy that I saw wanted to be 180 pounds. Hear me out. And I was just noticing this over the years, over time. No big deal, but it was like this cultural thing for, and again, the subsection of men that were coming in. Of course, I'm not speaking for all male identified people, that is beyond the scope of this conversation. So, just know us, of course, a select few people. But they had different heights, they had different body builds and structure because we're all genetically different, let's remember.

Speaker 1:

But, I remember being fascinated that a lot of the men who are coming in to gain muscle were trying to get to 200 pounds or over. 200 pounds was their goal. It was fascinating because at the same time, same week, different consult, I'd have women coming in crying and so upset that they were at 200 pounds, that they just wanted to lose 50 pounds, if they could only get to the 150 number. For women, it seemed like 150 was the number and for men, it seemed like 200. And from my own personal viewpoint, I found it really fascinating because here I am, a woman, and there was one time as a full grown adult, my body weight got down to 155 pounds. It was not by me trying to, it was after I came back from living and teaching in Nicaragua. And I'd gotten sick when I first got there, which was fairly normal. And then I got really sick, I got some pretty bad food poisoning just a few days before I left Nicaragua. And, I think it both started a lot of gut issues for me, that experience, and what I took and probably the parasite that I had, looking back.

Speaker 1:

But, I dropped a lot of weight on, intentionally, because I was just so fucking sick. So, my body weight got down to 155 pounds, not for a long stretch of time. And I was living at my parents' house, they had a scale and I was hopping on the scale. It didn't seem like too big of a deal, but that was the closest I ever got to 150. And I just remember, at that time, of being, Okay, I'm 155 right now, but this number isn't sustainable or desirable for me. And I remember thinking, God, here I am, a white woman, who's grown up in white woman culture, even though I'm a homeschooler and I'm kind of a weirdo, not really in that culture, but also in that culture. Someone who had grown up overweight and I remember just noticing,

Man, we have a lot of thoughts and opinions on very specific numbers. And for me as a woman, I remember being 150 does not make a lick of sense for me.

Speaker 1:

And then I started to think about, Okay, so what is my "150?" Or, maybe it's 160 for some women, I can't speak for everyone, but just what I've noticed over the years. But I started to think, Well, what is my 150? And I noticed that, for me, that was 180 pounds. That's kind of my 150 where, when I noticed on the scale, historically if I'm above that, I have some thoughts that aren't really very kind. They're kind of the mean girl thoughts in my head. And if I'm at that, or below that, I'm, Oh, this isn't something you have to think about. Just adding all that in to let people know that you can never know what's going on inside someone's head. But, I will say, I think in some odd way, being six feet tall, just knowing that I'm in a body that if anything is closer to the average male body than the average female, and I'm speaking to the binary just because, just for right now, to paint a picture, I think that that actually helped, me in certain ways, really see that I have to deviate from the norm because I am not the norm.

Speaker 1:

And, I don't think many women really are the norm, even if you're going to fit into that average height for the average woman. You can say, Fuck that, because we all, genetically, have different predispositions. So, in Lean and Liberated, there's no goal weight that you're trying to get to, except that you set up a number in your head and you set up a reason why you want to get to that number. Here's the thing, that number may change over time. And here's the double thing. That's great, no big deal, nothing's gone wrong. So, why say when I say lean, is that we're simply coming into a body weight and body fat percentage, we're not tracking percentages, but if you're talking about weight, we're talking about preserving lean muscle mass, that we're not losing muscle mass, we're just trying to focus on losing body fat, showing our bodies how to do that from a place of not being stressed out, from a parasympathetic place.

Speaker 1:

When I say lean and liberated, all I mean is that you're moving towards the actions in your life that will support the body fat levels on your body that you desire. Because, yeah, there could be a clinical definition of lean, just like there's a clinical definition of obese, but that fuck that noise because everyone is so different. So, my lean as a six foot tall woman, I actually kind of want a different body fat percentage than other people because of by heritage, all the factors that create me, I want to honor that. And, I want to honor that realistically, given my different predispositions, given that I have Hashimoto's, given that I like to do X, Y, and Z. So, I don't think I've said that on the podcast before, but I wanted to make sure to say it today, because when we talk about the scale weight, there's just so much shame that can come up for people.

Speaker 1:

There's a lot, and that's why we do the story work in Lean the Liberated, that we unpack these stories of what's coming up, what we believe we should be doing and we shouldn't be doing. And you can see that a lot with this scale number. Okay. So, I just described that there are the women in the course where I'm going to encourage them to take a photo once a month, or find that outfit and be using that as their barometer for what's changing over time. Otherwise, I recommend that you buy a scale, you get a new one, if you need it, get a good one. They're at Target, they're accessible, \$30. Get yourself a scale. And,

then you're going to weigh yourself at the same time every day. And you're going to track that number every day, if you're weighing yourself with the scale.

Speaker 1:

And then what you're going to do is you're going to take your average scale weight, so you're going to add up those seven different numbers throughout the week, divide that total number by seven. And that number that you get from that, that's your weekly average, that's what I want you to be using over time. Because, what we all find is that the scale goes up and it goes down and it goes up and it goes down and there's not even a linear progression to it going up a couple of ounces, maybe a pound or so, and then down a couple ounces and maybe a pound or so. No. Sometimes we have big jumps up and our brains want us to spin out and get real freaked out.

Speaker 1:

And sometimes we have big drops down and our brains want to congratulate the fuck out of us and want us to feel like we are rock stars. So, what the title of this episode is, How to Love Yourself Down the Scale, is that I need you to know right now that you have to lose weight in the way that you want the end result to feel. Meaning if you fucking hate yourself because your scale that you hopped on, maybe you haven't pooped, maybe you ate more carbohydrates, maybe you are finally fucking hydrated, maybe you finally relaxed and you ate enough food for the day, whatever. All the different reasons that could or could not, maybe you have a different time of the month that you're in, maybe you're perimenopausal. You are unique and you have your own realities. Whatever is driving the scale number to look different day to day, we have thoughts around.

Speaker 1:

And what is very common is that women will have mean thoughts about the number going up, they'll have maybe not so great thoughts about the numbers staying the same, it depends on how long it's been the same, and they'll have really nice, but not kind, thoughts about the number going down. Because, also, when the number is going down, we can have thoughts that it's not going down fast enough, it's not going down progressively enough, it's not looking like a cute chart, when we look at that. We can totally judge how linear that weight loss is. And so, it gets very noisy when it comes to losing weight. So, I want you, if you're on a weight loss journey, I actually would encourage you to start weighing yourself. Because, we have to normalize the scale number not being a big deal.

Speaker 1:

If it triggers you, guess what? And you're, Oh, it's hard to step on the scale. Well, is it literally hard to step, step on the scale? Is it hard to step up the like three inches onto it? Probably not. If it's not literally hard, then it's figuratively hard. And if it's figuratively hard, it's probably because you have a really mean thought about yourself and that, everyone, is what we have to be paying attention to and loving. And we're not loving to supersede and try to fix the mean thought. When I say loving, I mean that we're spending time with ourselves to start to see that the scale number doesn't give like any meaning to who you are, what you do, or how your weight loss is going.

Speaker 1:

What? Lucia, I'm trying to lose weight. And you're telling me the scale number doesn't matter, but I should be weighing myself? Yes, beautiful listener. That is exactly what I'm saying. Because if you shame and blame yourself all the way down the scale, that is what you will get at your goal weight. You will get

more shame and blame versus if you learn how to go along with the scale journey in a way that is loving or neutral or kind or accepting, you will have all of those feelings at your goal weight, when you finally "get there."

Speaker 1:

So, you have to do it the way you want the end result to feel. Which means, and I tell women this in our consults, too, because they'll ask in Lean and Liberated. This number doesn't feel good, I stepped on the scale and I was so excited because I was so good yesterday. And then the scale number didn't look the way I wanted it to. What went wrong? What went wrong is that we're both not building awareness about what we're allowing to decide how we feel about ourselves. Because if you can't love yourself, and I know this is a tough concept for a lot of people to hear and really internalize, but if you can't love yourself at 300 pounds, you are not going to love yourself at 150 pounds. You really have to do, and it can be very sobering and very eyeopening to recognize, Well, fuck. I have to love myself first.

Speaker 1:

That sounds new agey, I don't want it. Let me just lose the weight first, I'll get there along the way. Loving yourself means being present with yourself. And if you're present with yourself, what you'll notice when you step on the scale is that only congratulating yourself when the number goes down, it's tying emotions to that number. And only beating yourself from the number goes up a certain amount... If it goes up a couple of ounces, maybe you don't find that out to be a big deal. But if it goes up a pound or two, all of a sudden you're devastated and your day is ruined. That space right there what the work is of forever fat loss and forever weight loss that is sustainable. Because those thoughts, Oh, fuck. You didn't do it right. Okay, just don't eat dessert tonight. It's because you did this and that this past week, how dare you? I thought you were doing the work. I thought this was supposed to work. What's happening?

Speaker 1:

If those are all the thoughts that are trying to compel you into moving forward, your motivation is bullshit. Your motivation is really, really bullshit. And what we need that motivation to be, instead of those nasty thoughts, just mean girl thoughts, what we need that motivation to be instead is awareness. Oh, I stepped on the scale today and I got really happy that I dropped two pounds and then I'll step on the scale tomorrow and it goes up two and a half pounds, I'm going to just be with that number. And, actually, I'm going to decide to just be with that two pound drop, as well. That's how we move these thoughts out of the dieting cycle of euphoria and dismay and euphoria and dismay and euphoria and dismay, and we start to see that the process is working. Planning your food, eating when you're hungry, stopping when you're satisfied, rinsing and repeating, choosing the foods that you enjoy, letting those change over time, as they need to.

Speaker 1:

And by the way, spoiler, they may not always change in the direction that you decided that you wanted them to change to. You might not just keep loving vegetables more and more and more. You might have a week where you're, Oh, I'm leaning on this food. My body, or my brain, wants to judge that, but I'm going to allow it because I've planned it in. Great. Keep planning that food in. Here's what happens when you stop judging yourself with how the scale goes up and down. You're going to find that you will consistently show up to the actions that are creating change over time. Because, very typically, what

happens is when the scale number it goes up, we get a case of the fuck-its, so our brains fritz out, they freak out and we decide something has to change.

Speaker 1:

So, we double down, we go harder and we restrict more, and then maybe the number does go down, we congratulate ourselves, but then we burn the fuck out because we were just really mean to ourselves for another five days. Or, we just get the case of the fuck-its where we throw it all out the window, we take a big break, we don't do anything, we stop weighing ourselves, we start to lean on the things that really make us not feel like ourselves, because we're buffering, and we are delaying feeling the emotions that came up while we were on the scale. And then, that reinforces that what we were doing before that happened, that it wasn't working. If you get a case of the fuck-its, and then you stop doing the thing that you were showing up to consistently, well, yeah, you're not going to get consistent results. No shit.

Speaker 1:

You just created a self fulfilling prophecy. And then, what you're doing is you're training your brain to believe that because the scale went up, it was a bad thing that then created more problems and that it created the thing that wasn't working. It didn't start with the scale. It probably started with you, Boo. And let's not hate ourselves for that because that's where a lot of smart women like to go, is then they, oh, fuck. God. One more thing for me to take care of, one more thing for me to figure out. Legit, the only thing you have to do is come back to the present moment to breathe. Nothing has gone wrong and to notice over time. If you haven't lost weight for a month, that is no big deal. If you start to notice a trend in the over time, okay, but if your weight goes up by a little bit, meaning up to fiveish, pounds buddies, depending... My body weight can change five pounds in a day. I'm six feet tall. So, I'm different than my friend who's 5'2", and we have different literal needs and different realities. But my scale fluctuations are going to be larger than someone else. Nothing's gone wrong in either scenario. They just are.

Speaker 1:

So, you need to come back to the present moment, come back to your realities and remind yourself, Oh, wait a second. I would like to lose weight in this way. I want to eat enough food to satisfy myself, I want to create a loving relationship with my current habits, urges, stories and feelings. I want to create a new relationship, which means having time with my new habits, stories, thoughts, and results. And I want to do all of the above and a proportion and ratio that makes sense. What's the physical activity and food choices that I want to show up to consistently, be it strength, training, cardio, no movement, vegan, paleo, no label, processed foods, unprocessed foods, whatever the fuck you want.

Speaker 1:

Now then. You get better at what you practice. So, if you've been scared of the scale and you haven't been stepping on it, you're going to get better at being scared of the scale. You can also get better at stepping on the scale and noticing the feelings that come up and writing them down, without judgment, just let them be. You can get better at noticing at what is waiting for you at the bottom of that scale. Is it judgment? Is it shame? Is it hatred? What would you like to be at the bottom of that scale? You get to decide that, but then you have to practice it. So, no more heads in the sand about the scale. It simply is, you simply are. If you have a weight loss journey, use the scale. Okay.

Speaker 1:

I would much rather someone use a scale and be completely wiggled out by it, initially, and then start to notice that it is in fact no big deal. It's just our brains and their old habits that are telling us they're a big deal. And when they do that, they reinforce our old actions. So, of course, it's going to be that self-fulfilling prophecy that they are a big deal.

Speaker 1:

So, before I recorded this episode, I took to the Instagrams before I hopped off for the weekend and I made a post and I asked to see what questions do you have about the scale and weighing yourself to make sure I'll answer them. So. Let me make sure that I've answered your questions.

Speaker 1:

Question number one, how often do you recommend weighing yourself? I answered it. Every day, and then take an average once a week, and that average number is what you're noticing as your trend around your weight loss and your actions. The question continues. I like to have a scale to see where I'm at, but avoid getting one because I find myself weighing myself multiple times a day, and spiraling into a negative head space. Recommendations on finding a balance. Yes. Weigh yourself once a day, take an average, once a week, don't make any changes to your plan until at least you have six average data points. You hear me? So, if you started something to lose weight and you're able to show up to consistently, don't freak out for six weeks, six average data points.

Speaker 1:

Next question. If we should expect the scale to fluctuate, how do we track progress? What is real? What is real is your weekly average and your weekly average every six weeks. And if you're impatient, maybe every four weeks. But let's practice patience, shall we? This one isn't a question, but it's a thought. Weighing myself after five plus years equals total mindfuck. It's wild what dialogue a number creates in your head. It is. If you just listened to this whole episode, you probably got some nuggets that were helpful for you with that thought, because that is a beautiful way to wrap up the episode.

Speaker 1:

Our brains make some thoughts. Those thoughts are based in our previous experiences and are the stories that we've carried with us and what other people have told us, blah, blah, blah. Those thoughts then spur a feeling in our bodies, and if it's a feeling that's joyous, then we want more of it, give me more. If it's a feeling that maybe doesn't feel so great, we decide, and we have a thought about that, and we decide, I don't like that, I don't want more of it, I'll do something different. Here's the thing. Most likely, if you're on a weight loss journey and you've taken some steps that aren't fully burning you out with a shitty ass diet, you're probably losing weight.

Speaker 1:

Of course, there can be extenuating circumstances, of course. But, if you're the weight goes up by a couple pounds one day in one week and you've only just started tracking your data and you don't know what else is happening, and you haven't even started to get to know your body in this way, then flipping out and trying to do something different, whether you're doubling down or you're throwing it all out the window, is only going to reinforce that there was something that was wrong with that number. Because your body is a fucking miracle and your body, that scale number, can fluctuate pretty "wildly" without anything being wrong. And I mentioned these a few minutes ago, you could have poop in your system,

you could be eating more carbohydrates, so you have more water bound to the muscle glycogen in your muscle stores. You could have them that means water weight.

Speaker 1:

You can be eating those carbs, so that you then have more of the water weight. You could have eaten fewer carbs and then had a day where you had more carbs and been freaked out that the scale is going up and down because of that. It's no big deal, your body just having this natural bodily processes. You could be during a certain time in your cycle, if you're a menstruating person or peri-menopausal, or even menopausal. Your hormones have a big effect. But if you don't have that awareness and you just drop in and take one photo of the scale on one day, you're not going to have any context to put that within. So, when you're using the scale, weigh yourself every day, same time of the day. If you do it before you poop, then you do it before you poop.

Speaker 1:

If you do it after you poop, then you do it after you poop. Stop giving yourself reasons to hate yourself. Weigh yourself once a day at the same time, write that number down, don't give a fuck about it. Keep doing that consistently, and then take your average, each week, write down that number. After you have at least six data points, then assess if you'd like to make a change. More likely than not, if you stick with what the fuck you're doing, you're not going to have much to be changing, if anything at all. But, what usually needs to change is that we throw everything out and we get a case of the fuck-it's and we get overwhelmed, we decide that bad emotions are tied with the number going up, that it's a "mindfuck," that's just a thought, that's not reality.

Speaker 1:

But we decide we can't unpack that thought, that that thought means a lot to us. And then it creates a set of actions that we take versus you, being an adult, recognizing you're in charge of your actions, you're in charge of your feelings, you're in charge of your thoughts and they all go hand in hand. So, if you only celebrate yourself when you're losing weight, you're being really mean to yourself. And the only way you stop that is that you come back into the present moment and you start to practice being kinder to yourself. You start to practice being in the present moment. You start to practice recognizing that, more likely than not, nothing's gone wrong, my friend. Nothing has gone wrong. And then you start to practice that you're not going to choose a case of the fuck-its, that you're not going to choose to believe that it's a mindfuck, that you're not going to choose to believe that you are bad or that you need to now double down on blame, shame, or guilt to motivate you, to make the scale go down further.

Speaker 1:

So, homework for the week. I want you to write down, How would you like to feel at that goal weight? Happy, liberated, joyous, whatever the fuck it's going to be. Write down that word. And now, your job is to feel that way today around the scale. You have to do the work of trying to understand what your thoughts are. We're not solving for the thoughts, we're just being present with them. That's the only way they detangle themselves. There's nothing wrong with a few knotted up thoughts, but if we'd like to detangle them, we have to take a little time combing through them and seeing what they are. All right, my friends see you on the next episode. Bye. 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.