

You're listening to episode 174 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 welcome to another episode of Devoured. I am so very happy you are here, and today I'm giving you another best of episode. This episode is all about urges. If you haven't heard that term a lot, then I want you to consider that urges really are, and I'll explain this in the episode. Urges really are simply feelings that we feel that can happen at any point in the day or the evening that compel us to feel like we need to take quick and immediate action on them.

Sometimes an urge can feel like a craving. Sometimes an urge can feel like a compulsion to distract yourself or numb out, to move to social media, to not follow through on a task or a decision that you've made for yourself. So this episode I want you to be considering as you're listening, in what ways can I leverage and utilize my beautiful awareness of my urges in order to best serve me? What that means is that when you're removing yourself from diet culture, thinking what you're going to find is that you actually have full autonomy over the lens in which you're looking at your world. So, just because you experience some cravings, doesn't mean anything's gone wrong. And you have the say because of how you are in connection with your thoughts and your feelings, those sensations that come into your body and that leave your body. If you allow them the opportunity to leave.

Many of us don't. Many of us try to stuff them down, or just try to not feel them and hope that they'll take care of themselves. I want you to start to understand and see that there's nothing wrong with urges. There's simply feelings that can feel strong. And the more we start to play with your ability to be with the urge, to be with the craving and understand the deeper knowledge, the deeper root of what is actually trying to share with you, that is how you come to a very empowered place while you're losing weight. Because all too often people feel like they're at the beck and call of an urge. It's too strong. I don't know what to do. I cave in. I give into it. All of that, thinking all of those thoughts are tainted in a negative bias. And that's okay, because that's a lot of what diet culture teaches us.

You're not in charge. Your body's whack. You don't know what's up. Listen to the diet. Just never eat another wig, insert blank again. Right? So, take the information from this best of episode this week, and really allow it to fuel you towards what feels most empowering for you. And that means that you make a decision, really hear this part. You make, you have the full ability to make the decision to allow these types of conversations to serve you holistically, authentically, deeply. So I honor you wherever you are right now. And I hope that this episode finds you so well.

Let's talk about urges today. Urges are a very common, normal human experience. Urge. So the definition of an urge is a strong desire or impulse. It's a desire, a need, impulse, compulsion could be very strong, urge, feeling a longing for, a yearning for, all of these are different ways of describing the energy of an urge. So, urges are really common normal human experiences. We all have the experience of feeling and either stifling or following through with an urge.

And, in fact, much of our lives are governed by experiencing an urge and then unconsciously following through on that urge. Now, a lot of coaching can center around trying to move past that urge. And I want to use example of biting your nails or playing with your hair, right? These can be subconscious habits that we use to either help us experience an uncomfortable emotion or a thought, or they're habits that we engage in while we're processing those uncomfortable emotions. Think about it. When is someone biting their nails? When they're nervous, when they're overwhelmed, when they're feeling anxiety.

Why is someone playing with their hair? Maybe they're playing with their hair on the drive to an important doctor's appointment or subconsciously when they're making a big phone call. Those are just two very small examples of urges that can occur when we're experiencing a less than comfortable emotion. So when we focus on "breaking an urge" that we've labeled as bad, right? Those are two examples where in our collective consciousness we consider them bad habits. All we're really doing is reinforcing that old thought, that old way of being, that something is wrong, something needs to change, and we need to be doing less of the thing.

Now, I find that's fascinating because that mode of thinking right there is intrinsically setting ourselves up for, focusing on lack instead of abundance, focusing on being anti instead of focusing anything but, and thinking about the thing more. So I want you all to be hearing this today because it's so easy to slide into. I still do this too. I talk about these subjects, but it's because your girl processes them and metabolizes them too. If you're thinking about... Now, I'm not a nail biter, but I historically have been a cuticle picker. It is long standing habit there. If you really think about every single time, and if I really think about every single time I historically would try to end that habit, I would try to focus on ending the habit by focusing on it.

Oh, I shouldn't pick my cuticles. Or play with my fingers. I shouldn't be doing that. Oh, I see that I'm doing that right now. Oh, let me stop. Oh, I'm noticing that I'm experiencing X, Y, and Z. And when I'm nervous, then that's when I tend to feel like I want to fidget and play with those cuticles or nails. Like insert blank there. Most of us tend to have some sort of a habit that crops up unconsciously even if we become conscious of it, it can crop up unconsciously. And here's the deal with these habits that we don't find as useful. The only thing that matters, because anyone can experience any urge they want for the most part. Okay. Like most people. No serial killers. Okay? We're not going to those subjects here.

But you can be experiencing a whole lot of urges and feel every single right to follow through and carry on with them. So the only reason we ever need to be changing, or addressing, or shifting an urge, is when they are no longer serving us in the long term. So this is why understanding what an urge is and where they come from is going to be supportive for you on your weight loss journey, because it takes a lot of the fuzzy, maybe not so clear actions that we're taking. Why is it that I walk into the pantry at 3:00 PM every day? Why is it that I make myself a nourishing dinner at the end the day, and give myself a pretty damn delicious dessert, but then I'm still thinking about the kitchen 24/7?

Why is it that reaching for some cheesy poofs is fun at first, I feel satisfied, but then I keep doing it and I feel like I can't stop. Those are all also examples of urges. And so when we're looking at, how do we come into a liberatory experience with weight loss, we need to be understanding that, and my clients are going to be sick of hearing me say this, that nothing has gone wrong when we recognize that we have certain habits, certain urges, that have become normalized in our lives. So the number one thing I want you all to be thinking about today is not only giving yourself some space. If this is the first time you've thought about what some of your urges might be, I want you to give yourself space this week simply to be with yourself and notice "Oh," like from a place of curiosity too.

"Oh, isn't it so interesting. Why is it that I tend to skip lunch or just grab something on the go? Why is it that it's hard to remember what I ate for dinner last night? Why is it that it doesn't feel like chocolate's satisfying until I've had eight pieces of it? Why is it that I feel lonely if I'm not eating a snack while I'm watching TV at the end of the day?" We don't even have to have answers for those necessarily. All we really need is to start to be in relationship with those questions. Because when we can start to bring up those questions, and pull them out of our unconscious, right? Just going about our lives without thinking about much of what we're doing, when we can bring it out of that unconscious thought pattern and into consciousness, that alone right there, it might seem so subtle, but that in and of itself is creating communication with that way of being, with that urge, with that habit.

So, when I tell you, if you want to try something this week, just bringing into awareness what different actions you're taking, that in and of itself is absolutely huge and humongous. A lot of people will say, "Oh, okay. I realize what I need to do. What should I do to fix it?" We actually need to spend time with what we're doing. We need to start to metabolize our different actions and come into the present moment with them. When we do that, then we're creating not only a relationship, but a relationship built in trust with those urges and those habits. Because if we can recognize, "Man, I don't care about that chocolate unless I've had eight pieces at the end of the day. Why is that?" And we feel like we can have that thought without trying to fix it, without trying to should ourselves away from it, without trying to make it bad or make us bad or make it good or make us good, when we can simply just be with it, that's where you're going to start to find so much information can crop up.

So I want you to really listen to that part, because this process of not only identifying urges but then being with them, that process is very subtle. And once we take those two steps, is then at that point we can decide, now that I have this relationship with this action, this urge, and I've been able to be around it without provoking major feelings in myself, I got to get rid of it, I need to be anti that, I should stop doing it, I should do something else. Then we're allowing the actual feelings to come up out of our bodies. That is always going to be the true core and true foundation of any shift or change that will sustain you through your life and lifestyle. That will automatically take any choice out of being more of a diety quick term choice. "Oh, I should just stop doing that." Well, that'll last like one time until it feels so uncomfortable.

You keep doing the habit, it takes it out of that diety thinking that we can come to from such positive or wonderful intentions even, and it takes it out of that into, "Oh, I've allowed myself a deeper awareness of myself, and I've just dipped my pinky toe in to those thoughts and feelings enough times or with enough grace and openness that I'm starting to neutralize any of the feelings that come up because of it." Because it can be really surprising if we're living most of our lives not in the present moment, which is a very common and typical way of being an American, like in the United States of America, which the majority of my listeners, you all are here.

We're all here together. That's the common way that we've been raised. We don't typically. Some of us do have the option or opportunity, and this might be changing with newer generations, but I think the generations that are tending to listen to this podcast, we weren't necessarily raised with self-awareness techniques that we could use from a loving place or mindfulness techniques. Techniques that help bring us into safety, like that feel safe from a neurological standpoint, that bring us into safety in the present moment. A lot of our days, a lot of mass marketing, a lot of what is marketed to us as an ideal life or lifestyle is really supportive of things that are beyond us.

It's either we look a certain way, we're acting in a certain way, or we have certain things, or we're around certain people. None of that really focuses in on, how do I feel in this present moment. If we can drop into that space, not even from a place of trying to fix or save an urge, but instead from a place of just being, of creating the capacity to drop into the present moment, I think what a lot of you will find is that these subjects, weight loss, food choices, exercise, movement, sleep, self care, they actually start to become simple. And no one can claim that simplicity except you for yourself. So I want you to give that all. So I want all of you to give that a try this week.

What happens when you drop into the present moment, not from a place of fixing or shoulding or getting through or powering through, but even if it's the tiniest pinky toe into the pool of the present moment, when we're feeling or noticing an urge that is coming up that we might be enacting or desiring to shift away from. Can we create this week the capacity to be with that urge, without expectation, without judgment, and see what arises from there. That can be one of the most powerful practices that you'll have in your life. And we can do it around food and nutrition. And where we practice one thing,

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we're going to build competence in that practice. And then it can apply to any other part of our life if we would so like it to. So I hope you all have a great week and I'll see you in the next episode. Did you know you can find more support from me on my website, go to luciahawley.com to connect.