

You're listening to episode 186 with The Devoured Podcast. Alrighty. Party, party people. So you've been playing around with vacation eating, and you have also been realizing that you do have the time for weight loss. So now let's also talk about this week's subject obligation eating what is obligation, Obligation eating is basically eating for any reason that you feel obligated to eat could be because of other people, someone hands you a food that you weren't planning and you feel pressure to eat it. Someone hands you, food, you weren't planning on eating and you feel like you have to say no, and you can't just take the food and then not eat it.

You could be eating out of obligation to yourself. Some of those old food rules, right? I can only have carbs after I work out. I can't just to eat 20 grams of protein at meals, I better eat 30 to 35 or 40 because I have to hit a certain amount of grams of protein every day. Otherwise I'm not an athlete. Eating out of obligation can come from any number of shoulds that you might be feeling in your life. On today's episode, what I want you to be thinking about is this conversation could easily get into just set a better boundary.

I felt like Tim Gunn when I said that from Project Runway. But I think the boundaries conversation is a little played. If I'm just being honest and real, probably a lot of you who listen to the show already understand the concept of boundaries. You feel like when you think about your boundaries, there are shoulds around your boundaries. I should have better boundaries. Why can't I figure my boundaries out? I should know how to set boundaries. I'm an adult. What's wrong with me. I don't want to play that game because all that does is actually reinforce that next level up of how you use information, right? That's really weaponizing information against yourself. That's a thinking pattern. That's not a tangibles of, let me instruct you on boundaries. We don't need to talk about boundaries. There's plenty of information out there. All about boundaries.

No, no, no. Today I want you to think about some of these different brain patterns that are really common. A lot of us think, right? Remember this to brain patterns, which I'll give you some examples of what those are in a minute brain patterns. We usually only have a couple of them. And then, it's the, how you do. One thing is how you do a lot of things. Idea. Those brain patterns tend to crop up in different areas of your life. So know that if you're newer to coaching or if you've been coached before, and it hasn't felt supportive in this type of coaching, the type of coaching that I do with my clients, it isn't to like give you tool after tool, after tool, after tool, after tool. Cause all that reinforces is that you need tools to change. Now what we do is that we take a subject or two on the podcast or in coaching sessions.

And then we boil it down by me asking you a series of questions and just quite frankly, having a conversation where we can start to see, looks like this situation or circumstance or way that you're feeling that isn't how you want to be feeling. That is actually just boiling down into a certain brain pattern. And usually there are only a couple of brain patterns that someone might be navigating their life through. So eating out of obligation you're sitting down at a party, someone gives you some food and you feel like you can't say no. Or if you were to say, no, it would ruin the evening or it would hurt their feelings. Here are a couple of the different brain patterns that this might be blowing down into. Number one, over responsibility. What is over responsibility? Well, it's feeling responsible for how other people think or feel, but what is the truth?

The truth is that if you feel safe enough, you actually deeply understand that you literally are not able to respond for people with their thoughts and feelings. If one of the most amazing things that you can do is to release out of control. Okay? And we usually just control things because we're either fearing rejection or abandonment. We're fearing not being good enough in other people's eyes or we're fearing letting go of control. Those are some of like the universal core fears that we have as humans. So feeling overly responsible for other people's thoughts and feelings is a form of control. So of course, if we feel safe

enough, we can let go of that over responsibility. But notice that I'm using the word safety because as different as it might sound from just, oh my God, , okay, you don't have to eat the cookie.

If your grandma gives you a cookie, what actually might be happening is that your nervous system doesn't feel safe to allow someone else to think a thought or to feel a feeling. So the work might not just be, Hey, self don't eat the cookie. I might tangibly what it might look like on the outside. But the work might be, I feel safe enough in my life that no matter what someone thinks or feels I am okay.

Do you see how that's such a different energy? That's really, I think how we dissolve away diet culture and how you start to lose weight consistently that you stop letting those surface level actions be surface level. You start to allow them to be deeper reflections of how you navigate your life, because you are not illogical. If you're drawn to the show, probably you have some level of emotional awareness, right? You're like peaked by emotions, pique your interest. You're curious whether it's about other people and maybe it doesn't feel as readily accessible for you about yourself, but you're still interested. Well, same thing applies here. Diet culture is saying that it's like calories in calories out. You can find the coolest influencers online who are going to parrot that to you and say that it is the least diet culture thing that they're just telling it to you straight. But of course, calories in and calories out. Of course that's part of the equation.

It's so almost disrespectful. I think to people's intelligence to be like, just calories and calories out. Maybe you've been not as honest with yourself about the calories that you're tracking, if you've done that before, but we don't come to our actions without emotions, emotions come first. So you could try to change all your actions you want. But until you understand your emotions, those changes won't feel natural. They won't feel safe. They're just going to feel like you're trying to like override yourself. They're going to feel like you're trying to have a good habit and your old habits were bad. No. Your old habits, you came to innocently because they kept you safe and they probably kept you safe from an emotional logic code versus literally being safe.

Sometimes it might literally be safety. Okay. These conversations are always nuanced. Okay. Just remember that I can't speak to everyone's experience, but very often, many of us are just having a certain amount of emotions and we're trying to fix them with different actions. And so when we're doing that from a common place and that's what we learn how to do, that's what our culture teaches us. When you have, have an emotion, don't feel it and go do better.

That sucks. So all you're doing is that you're learning a different way of when I have an emotion, my job is to feel it and to actually feel it in the moment. Right? Your job might be, if your grandma's handing you those cookies and you're not going to have one. Your job might be to take the cookie and put it on your plate and not eat it. Okay. That's one emotion of, okay, I need to practice not eating it. Because I can take it taking it isn't putting it in my mouth, or the emotion you might need to practice is saying no to your grandma and the feelings that come up there. Right. Having to be the most loving. No, because it's about her. It's not personal to her. It's not personal to you, it's just you're not hungry for the cookie. You don't want it. End of story.

That's the work. That's how you lose weight. Because when you practice that emotion of holding space of releasing control, that is going to apply to so many areas of your life. That is like the most rich practice you can do. Versus I say no to cookies at parties fine, if that does apply to you, but come on. Is that the rule you want for your life? Or do you want your life rules to flex and live and breathe and be alive with you? As your coach, I don't know if you're listening to this episode, I'm going to consider you one of my clients in clearly not that pay okay.

I don't know. That's what I hope for, with my clients. So that it's so much less about rigid rules. There are basic structures, right? You hear me talk about how to compose a plate. We're doing that because that's

such a simple way to get in plenty of nutrients, macronutrients, micronutrients, plenty of energy, plenty of calm stable blood sugar levels so that you can have a really appropriate relationship with your hunger and your appetite. So that you're not balls to the walls hungry and then feeling the only way to solve it is to eat a lot of fast digesting foods, right? If you can plan ahead, we're going to have you plan ahead. But it isn't from to be better and to be more good, it really is so much more about, I just take care of myself and I choose that.

I plan in the foods that I want and that includes things that maybe have fewer nutrients and it includes things that have plenty of nutrients, the both ends. So this week I want you to be thinking about when you're eating out of obligation. Notice what feeling is it that I'm deciding not to experience in the moment by feeling this obligation and by upholding my desire to do things out of obligation, that's really what it is. More likely than not the feeling that you're looking to not feel in that moment is probably one that you would define as unpleasant, less than comfortable. That's okay. That's just your job for this week is identify when I'm eating out of obligation. What is it that I'm choosing to not experience and the way that you figure that out is that you imagine, or you do the action where you aren't eating out of obligations.

So if you're to imagine, I would say no to my grandma, what is that feeling? That then you're like I can never do that. That's the feeling that I'm asking you to identify. That's it just, the awareness of that feeling is going to be so empowering for you. It really will be. So often we want to be okay, so I identify the feeling and now how do I get rid of it? Where's my gold star because I'm a good student? I want to get rid of my feelings because Lucia, you're telling me I should feel my feelings. I feel my feelings and I'm getting rid of them, right? No, listen to me, you are a human, you're going to have so many feelings.

What I want you to be doing is to identify them, which feeling is ringing my doorbell right now? Instead of barricading the door and being I can't feel uncomfortable right now. Come back later because you know that when it comes back later, you'll do the same thing. Instead of doing that, you open the door and you say, Hey, uncomfortable, come on in. If you can be here for a little bit, that's fine.

Once it does that, then that feeling, it's going to be so much less of a big deal for it to come over. That's all we're doing here. You've got homework this week and that is to think of a time that you eat out of obligation. Imagine if you were to not eat out of obligation in that scenario, and there might be a couple of different options. You could say no to grandma. You could also just say, thanks, grandma, take the cookie and not eat the cookie on your plate. What? You might be wasting food. Perfect. Great. You probably have a lot of privileges right now. Practice having the privilege, right? What are all the feelings that might come up? Let it be human. Let yourself have a human experience. This is how diet culture ends. This is how you lose weight.

This is how my clients, when they're practicing this, they lose a half pound to two pounds per week. It's just a practice. You do have the capacity for it. Your body's not going to serve you any emotion that is too much for you. Do you know when emotions feel like they feel like they're too much? When you're anticipating them and you never experience fun. Guess what diet culture reinforces? To anticipate emotions and to never feel them and never know how to. So you're going to practice that this week. All right. that's today's episode. See you next week. Bye.