

You're listening to episode 187 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. All right, party people, welcome to the week between Christmas, if you celebrate, and New Years. I am going to batch that you have had some emotions in the last couple of weeks, just like you've had emotions in the last couple of months, couple of years, your entire life. Welcome to the emotions club.

On our group coaching call yesterday, so I'm recording this on a Wednesday, and I do the group coaching in Lean and Liberated, which if you're newer to the podcast, the group coaching happens every Tuesday. Everyone who joins Lean and Liberated, not only do you start with private sessions, but then you have lifetime access to the group coaching, so it's always like, you come back to the group coaching when you need it. You self-pace yourself. That is part of what you're learning in your liberation, is how to self direct and how to really say, "Oh, I lean on support when I need it. I'm able to utilize the tools and skills. I have a check-in as necessary. I go and do my thing."

It's so interesting because some people rock and roll without ever having attended a group coaching call. They are not required. Also, other people rock and roll by consistently showing up to those group coaching calls. Just throwing that in there, because I know I don't quite talk about the program itself, so I'm wanting to talk about it a little bit more on the podcast because I get messages from you all that are curious no more about Lean and Liberated Self as a program.

Yesterday, I was on the group coaching and we were talking about some of the emotions that come up during this week between the end of the holidays and the beginning of the new year and what was so interesting and not uncommon, the reason I'm saying this here is that I want you to understand, this is a really healthful, normal experience to have, is that you get to give yourself permission to have your brain wonder if you're making that quote unquote diety choice simply by proxy of that choice being really simple for you to choose. Let me explain what I mean by that. Yesterday on the group coaching, there was a common sentiment of people saying, "I had a pretty nice Christmas." I think everyone really celebrated Christmas, so I'm just going to use that as an example here. I think everyone had a really enjoyable Christmas and that included sugar and flour and planning in nutrition choices that maybe aren't the most nutrient dense, but that are part of their liberation. That was part of them choosing to show up to what they were eating.

By proxy of allowing themselves to be in this really luxurious relationship with food over the holidays and the holiday foods, what some of my clients were noticing was that they had these natural inclinations to be like, "Yeah, that was nice," and now I'm ready for maybe a little more structure to my food choices. Maybe a little bit more of an emphasis on vegetables again. Maybe I'm really kind of done with desserts for the next stretch of time and what was so fascinating is that, on the surface, what can look diety with that inner dialogue is, oh my God, no. I shouldn't restrict. Oh no, I shouldn't want to not eat desserts in January, but what actually, and not trusting that, being like, oh God, why is my brain going to that place? I shouldn't want to do a reset with the new year, but actually, what the little subtle diet is in that, is not trusting yourself.

It's not trusting yourself to decide that of course, you want things to feel lighter and easier and breezier around food in January, that you just get to trust that without having to double check yourself and triple check yourself, and work through and try to figure out, well, how do I get in desserts if I actually don't want desserts in January? Because what true anti-diet would be is me having desserts four times a week or God, not even counting, and oh my God, that must be a diet, too. Do you see how that hyper focus in the fixation on just not even trusting yourself? That's the diet. The diet isn't whether you do or don't

have desserts because if you really start to peel back the reasons why, you might lean towards being like, I just want to make sure I get veggies at every meal. I want that intention. I want that structure.

At this point in the game, for my clients who are on that call, it's not because of trying to do a diet. It's because their bodies are like, hey, I feel really good when I have veggies at every meal and you know that, so I'm ready to return to it. It's this true trust fall into the both and. Yes, I can enjoy things like sugar and flour, and I just say those to make it super simple because those tend to be the foods that people have the most emotions around, the sugar and the flour. I can have a relationship with sugar and flour that isn't all or nothing, and also, I can have times where I eat more of it and times that I eat less of it. The only thing that needs to matter is my understanding of why I'm doing it because then I just get to run with it. That's liberation.

I just want to put that out there. If you're feeling the same way this week, here is your radical permission to allow yourself to make choices from reflection and trust them. Don't feel like you have to work them and be in reflection over and over and over and over, and beat a dead horse. You can have your emotions and live them, too. Today's episode is a best of episode. Here's what it's the best of. I want you all to be thinking about the fact that you are an emotional badass. Kind of fitting, right? You're an emotional badass and this was a really loved episode that released last year, and I just felt like it was very fitting with the time of the year. So, enjoy today's episode and I will see you next week.

All right, party people welcome to another episode. I am, of course and as always, so happy you are here. I want to talk about the concept of being an emotional badass today, what emotional badassery is, how we can see it playing out in people that we consider to be leaders, thought leaders, leaders in their communities, belief leaders with people that we see grounded down into themselves. And when I chat with women who desire to lose weight and who are looking to do so from a place of love and curiosity and openness and humbleness, these are the same women who have tried plenty of diets before. These women know that to be fostering the relationship with themselves in which body fat can release for life, and not just for a short stint of time, they know, they might feel more than be quite sure of what will be happening in the process, but they know that a conversation and a willingness and openness to be with their emotions will be at the root of that work.

I use the word work very intentionally, and I've said this in previous episodes, but the work of being in reckoning with yourself, of being without expectation, without judgment, or simply allowing them to come and then to go is what emotional badassery is. How does that lead to weight loss, you might be wondering, because when we start to see food for what it is, and we start to puzzle piece and put into place, all the information we have accrued around food and nutrition over the years, which we have. If you've been someone who's done some different diets, the ins and outs of food. When we allow that information to settle into our neurology, deep into our bones, what we'll find time and time again, is that we have certain beliefs, which encourage us to experience certain feelings and these feelings are not just the thoughts we think, the feelings are actually sensations we feel in our bodies, and many of us, this conversation can be quite simple, but how it shakes out can be one of a bunch of different ways is where this conversation around weight and the deep reckoning with ourselves is individual because how one person approaches snack time one day could be completely different than someone else who approaches snack time the next day.

We have to be able to hold space for ourselves in our own journeys, with our own processes in order to be the badass. Now listen, a lot of our egos, I think initially, want badassery to be a label. We want it to be the thing that we're doing, but I'm here to ask you today, is it the things that we're doing? Because I bet if you wrote down on paper, all the shit that you do, you do a lot of really awesome, cool things. And yet, there might feel like something's missing. I really want you to ask yourself this week, is it the stuff you're doing or is it who you're being, how those things are feeling, in other words. This is a difference

between a diet and a lifestyle. Truly, I think it really boils down to that differentiation. As I've said before, how you approach a certain type of food, to someone else that could look like a diet, but to you the most important part is what thoughts does it reinsert and how does that make you feel?

When we invite in our most honest and true liberation, I will tell you what will come up are emotions. I'm sharing this on today's episode because I want all of you who listen to this show to know that nothing has gone wrong. When we have emotions that span the spectrum of those that feel more exciting, and to those that feel less exciting, to those that feel more negative, and then back to those that feel neutral. We move along this spectrum of emotions throughout our days, day to day, we can have subconscious thoughts, things that we don't even recognize that we're saying to ourselves, that shape how we view the world.

This work of being an emotional badass and being with our emotions in a badass way, all that means is that we're allowing the world to spin as we are reserving the right to take the time to notice what we unconsciously or subconsciously are choosing to believe about ourselves, and it can be about ourselves in the present moment. It can be about ourselves from a memory from long, long ago, or it can be about ourselves and what we believe about ourselves in the future, what we believe to be true then, but if we allow this work to be the work weight loss, of stepping into ourselves, not from the place of saying, well, I just need to eat X, Y, and Z, and then my life will be fixed forever and ever, and then I'll feel good. What I want you all to know is that you have the capacity for any feeling that arises, and the more we allow ourselves to feel our feelings, and to feel safe enough to reserve the right to have space in our lives to feel our feelings, the more you will find and create proof and evidence that those feelings are here to support you.

Think about feelings if it's helpful, similar to cravings. Our cravings at the root are simply calling cards. They're little arms reaching up to, to hold a question card. They're an invitation inwards. Conventionally, how we deal with cravings is that we then try to look outwards for how to manage them. Oh my God, I need to eat this food. Oh my God, no, I shouldn't be eating that food. Oh man, wait a second. No. It becomes a distraction. It becomes a whole habit in and of itself. We make cravings to be bad. We make the experience of a craving to be negative. We put shoulds on top of all of that experience when really the craving is simply a signal coming from within, but if it doesn't feel safe enough for us to even reckon with, the feeling from within, it won't matter how many times we try to avoid or indulge in the craving. That will continue to reinforce the old belief around cravings. They are bad. I shouldn't have them. They're bad. I shouldn't have them. Oh my God, they're bad. I shouldn't have them. It reinforces that whole cycle.

Emotional badassery is recognizing we have certain thoughts and beliefs that lead to certain feelings, and they create circles and cycles that reinforce one another. All we're doing to step into our more badass lives, because we can already have some pretty badass lives already by the bye, all we do is that we start to question, would I like to continue this cycle or would I like to trust to stop the cycle, no matter at which point it is in that cycle. It doesn't even matter which one. Would I like to stop it, turn inward, and become curious? This will always be the most beautiful way to dissolve any cycle. Whether it's a cycle of negative thoughts about ourselves, a cycle about the scale, a cycle about weight loss progress and process, a cycle about feeding ourselves, a cycle about how clothes fit us, a cycle about our time or abilities, a cycle that is the dieting cycle, a cycle where we focus on everyone else except ourselves. No matter the cycle, we always hold the tools within ourselves right now at this very present moment, to ask ourselves, would I like to continue this?

Now, here's the rub. When you ask yourself that question, you have every right to say, "Yes, I do want to continue this." You also have the right to say, "No, I would not like to continue this." This is the beauty of what we can do as humans. This is the beauty of being able to put words to our thoughts, our feelings,

our emotions, our experiences, our desires, our wants, our needs. This week, I invite you to ask yourself, would I like to step into my emotional badassery with full knowledge, that it is 100% there for me? And any emotion that I do experience I am allowed to experience. Any emotion that I believe should or shouldn't be here can simply exist without expectation that it needs to be fixed, managed, or can go.

When you lay this foundation as a foundation around weight loss and weight loss conversations, I think what you will all find is that it becomes a shade of simple, and when I say simple, I don't mean easy, because what you might find is that the cravings at the end of the day are signaling to you that you desire to take care of yourself earlier in the day, and that the extra portions of food were one way of offering to you, a place to focus on yourself. And now, because of this brave reckoning and emotional badassery, you're allowing yourself a new opportunity. The opportunity to step in lockstep with your emotional needs because they are the signals that have been hoping you would listen. This will always change what we think should be happening, what looks good on paper. This will change it and be the bridge to what our actual needs are, what our very human, living, breathing needs can be.

When we stop and listen to ourselves, that is the emotional badassery. Take stock of those who are idols to you. Those who are containers for reckoning, for radical existence in the ways that you find profound. How do those people exist? I would bet that they are emotional badasses. I would bet that they take the steps to simply be in reckoning with themselves. And when they do that, the key starts to open. As they're beginning to play around with being in lockstep with their needs and their wants.

This is a type of work that is priceless. And so today, as this episode hits your ears, remember that. Emotional badassery is for anyone and everyone. It is unique. It is for you, by you. You were never too much. You are never too little. You are whole. You are already an emotional badass. And if you'd like to invite yourself into being more of yourself, of embodying all the corners and edges and pieces of you, that is always within your wheelhouse and you are in charge of that process. I'll see you on the next episode. 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.