

Lucia Hawley:

You're listening to episode 109 of the Devoured podcast. Welcome to Devoured, the podcast for women ready to release the title of dieter for good. I'm your host, Lucia Hawley, and I'm a certified nutritional therapy practitioner with my masters in social work, clinical mental health. I've lost 80 pounds and I'm on a mission to get you into the life of your dreams without being the woman who is consumed by diet after diet trying to get there. If you're wanting more in your life and are tired of wondering when or how to make that happen, then this is a podcast for you. You'll learn how to make the radical changes you've only dreamed of 100% possible for you today. I'm so happy you're here. The information provided within this podcast is intended as general education only, and is not to be considered a substitute for professional medical advice, diagnosis, or treatment.

Lucia Hawley:

All right party people, welcome to episode 109. Very happy to be with you. Maybe you're in your car, maybe you're walking, maybe you're walking the dog, maybe you're laying down on the floor, maybe you're busy working away. I don't know what you're up to. Maybe you're scrolling Instagram. If you're doing that, I'm probably doing that, too, let's be real. Wherever you're at, welcome to today's show. Also added, let me say, since I mentioned Instagram, I've been taking Instagram off my phone on the weekends and it has been hella freeing. And I say that with a lot of love and reverence for Instagram, because I've met and fostered really beautiful relationships with a lot of people on Instagram. So, I don't say that to be like, "Oh my God, it's this hard part of my business. I hate it. I have to take a break." Like shut up, it's not that at all.

Lucia Hawley:

But I noticed that in the last few months, my use of Instagram, because of its ability to offer information very readily and very quickly, my use of Instagram had bumped up. And because of that use, here's the cool thing, the reason I'm sharing this whole episode talking about Instagram, is that I had to reassess my boundaries. And too long don't read, I used to abhor the word boundary. I was like that is bullshit. Boundaries are walls. Boundaries are bad. If you're just a kind, nice person, you're going to know how to navigate through the world. Boundaries are for yourself. Here's my boundary for how I have a good oral health, is that my boundary is that I make sure to brush my teeth twice a day. Boundaries look a lot of different ways and there's nothing wrong with having boundaries and our boundaries will change over time.

Lucia Hawley:

I could say so much of that around food and nutrition that maybe I will do a podcast episode about that. When I'm talking to these shows, I get a lot of ideas for other shows. But being able to hop off of social media for 48 hours is really beautiful and I noticed that I'm just so happy and excited to be checking back in, come Sunday evening or Monday morning, depending on the length of time. So, putting that out there. If you too have been leaning on the social medias. No challenges, I'm not starting any of that stuff, but if it speaks to you, you have 100% control to redefine your interactions with platforms that truly love to and are designed to take and use your attention. No big deal, no big deal. Speaking of no big deal, 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.

Lucia Hawley:

And I'm saying that as someone who, I would say, for most of my life, like adult life, I have not owned a scale. I have a scale now. I purchased one about a year ago. I've 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... Well, I go a lot of different ways. 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?

Lucia Hawley:

So, if you don't want to be using the scale in Lean and Liberated, I do encourage people to either find an 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.

Lucia Hawley:

That consistent weight loss occurs more slowly and slowly is not a bad thing, 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?

Lucia Hawley:

So, that's one way we track in Lean and Liberated. 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. Okay? 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 quote unquote average male than that of the quote unquote average woman.

Lucia Hawley:

So, as someone whose body's weight has always looked higher than what would probably make sense for a five foot six, five-five, I don't know what the average woman, what her height is, but a body weight that is around... I will add in that I feel like for a lot of women 150 is the number, just like 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. Right? 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 were coming for gut issues, I saw a lot of different people back in the day for a lot of different nutrition-related things.

Lucia Hawley:

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. And I just thought that

was so fascinating that in terms of like what our brains decide numbers on the scale mean, no guy that I ever saw, regardless of his height, wanted to be 150 pounds. They thought that that was like the worst thing ever. And no guy that I saw wanted to be 180 pounds. Okay? Hear me up. 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 am not speaking for all male identified people that is beyond the scope of this conversation.

Lucia Hawley:

So, just know it's, 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. But I remember being fascinated that a lot of the men who were coming in to gain muscle, were trying to get to 200 pounds or over. 200 pounds was like 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, right? 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.

Lucia Hawley:

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 it really, 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. But I dropped a lot of weight unintentionally because I was just so fucking sick. So, my body weight got down to 155 pounds, not for a long stretch of time. 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.

Lucia Hawley:

And I just remember at that time of being like, "Okay, I'm 155 right now, but this number isn't sustainable or desirable for me." 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 like we have a lot of thoughts and opinions on very specific numbers. And for me as a woman, I remember being like 150 does not make a lick of sense for me. And then, I started to think about, okay, so what is my quote unquote 150? Or maybe it's 160 for some women, right, I can't speak for everyone, but just what I've noticed over the years.

Lucia Hawley:

But I started to think, "Well, what is my one 50?" And I noticed that for me, that was 180 pounds. That's kind of my 150, where when I notice 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 like, "Oh, this isn't something you have to think about." Okay? 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.

Lucia Hawley:

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. Right? Like 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, what I say when I say lean is that we're simply coming into a body weight and body fat percentage, I'm not tracking percentages but if you're talking about weight we're talking about preserving lean muscle mass, so 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 and from a parasympathetic place. Right?

Lucia Hawley:

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 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 my 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.

Lucia Hawley:

There's a lot, and that's why we do the story work in Lean and 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 the 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 an 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. Okay? They're at Target. They're accessible, 30 bucks. 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. And then, what you're going to do is you're going to take your average scale weight, 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.

Lucia Hawley:

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, 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 and the way that you want the end result to feel.

Lucia Hawley:

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, right? 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. 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 with the number 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.

Lucia Hawley:

It's not going down progressively enough. It's not looking like a cute chart when we look at that. Right? 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. If it triggers you, guess what? And you're like, "Oh, it's hard to step on the scale." Well, is it literally hard to step on the scale? Is it hard to step up the 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.

Lucia Hawley:

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 thoughts. When I say loving, I mean that we're spending time with ourselves to start to see that the scale number doesn't give any meaning to who you are, what you do, or how your weight loss is going. 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 quote unquote, get there.

Lucia Hawley:

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. That sounds new age-y. I don't want it.

Lucia Hawley:

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 on the number goes down is tying emotions to that number. And only beating yourself when the number goes up a certain amount, right, if it goes up a couple 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 is 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, 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?"

Lucia Hawley:

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 like 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.

Lucia Hawley:

Planning your food, eating when you're hungry, stopping when you're satisfied, rinsing and repeating. Right? Choosing the foods that you enjoy, letting those change over time as they need to. 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 like, "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 goes up, we get a case of the fuck-its or our brains fritz out. They freak out and we decide something has to change.

Lucia Hawley:

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. Right? 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.

Lucia Hawley:

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. 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. Okay? If you haven't lost weight for a month, that is no big deal. Okay? If you start to notice a trend in the scale over time, okay, but if your weight goes up by a little bit, meaning like up to five-ish pounds, buddies, depending, my body weight can change five pounds in a day. Okay? I'm six feet tall so I'm different than my friend who five-two, and we have different literal needs and different realities.

Lucia Hawley:

But my scale fluctuations are going to be larger than someone else. Nothing's gone wrong in either scenario. They just are. So, you need a comeback 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 in a proportion and ratio that makes sense with 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. Okay? 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.

Lucia Hawley:

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, the judgment, the shame, that 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 a scale. Okay? 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.

Lucia Hawley:

So of course, it's going to be that self fulfilling prophecy that they are a big deal. Okay, 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 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. 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'd 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."

Lucia Hawley:

Yes, weigh yourself once a day, take an average once a week. Don't make any changes to your plan until you're like 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 it consistently, don't freak out for like six weeks, six average data points. 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 mind fuck. It's wild what dialogue a number creates in your head." It is. If you just listened to this whole episode, you've probably got some nuggets that were helpful for you with that thought, because that is a beautiful way to wrap up the episode.

Lucia Hawley:

Our brains make some thoughts, and the 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. The 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, 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. Of course, there can be extenuating circumstances. Of course.

Lucia Hawley:

But if your 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 quote unquote wildly without anything being wrong. Okay? 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, okay, and that means water weight. 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.

Lucia Hawley:

It's no big deal. Your body's just having its 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. Okay? So, when you're using the scale, weigh yourself every day, same time of the day. Right? If you do it before you poop, then you do it before you poop. 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.

Lucia Hawley:



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-its and we get overwhelmed and we decide that bad emotions are tied with the number going up. That it's a quote unquote mind-fuck. That's just a thought, that's not reality. 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.

Lucia Hawley:

So, if you only celebrate yourself when you're losing weight, you're being really mean to yourself. And the only way that 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 mind-fuck. 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.

Lucia Hawley:

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.

Lucia Hawley:

Okay, everyone, that's all for this week. Thank you for listening to this full podcast episode. If you want more of this information every day, instead of just one podcast episode each week, consider coming over to Instagram to hang out with me. I'm Lucia Hawley underscore over there. That's L-U-C-I-A H-A-W-L-E-Y underscore. And one more thing before the episode ends, please consider leaving a review of Devoured on iTunes so we can keep spreading the word and together we can offer this free education, empowerment and liberatory nutrition principles that will change more lives. If you're someone who likes to empower other people, then please consider sharing this podcast with friends and family and by leaving your review. It makes a world of difference.