

You're listening to episode 112 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 master's 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 the podcast for you. You'll learn how to make the radical changes you 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 as substitute for professional medical advice, diagnosis, or treatment.

Being literally stuck, being figuratively stuck, are different. Being emotionally stuck, being spiritually stuck, being physically stuck, are different. So, why do they often all feel the same? Why is it that we wake up in the mornings, roll our eyes at our lives, and think, "I'm Stuck." And then we take the same actions we hate. We look for the same answers, we don't heed, we don't believe, we don't think we're worthy of, or find too, something or other. And we then reinforce the intangible of our stuckness. I'll tell you, the last time I was physically literally stuck, I was in a Target dressing room in a sports bra. I could damn this small chest and these broad shoulders for the error in my attempt at sizing myself. But even then I was not physically or literally stuck. I got out, but I remember the panic I felt, Oh my God, do I have to Gumby my way to the changing room assistant and get a third hand here?

Or maybe can I power through this? Then I thought, why do sports bras always this to me? Why don't I just have a normal body? No one else could possibly have these same issues. I'm thinking all these thoughts as my face is turning red. As I both laugh at myself and feel a twinge of self pity, all as I brainstorm, Oh, how to not experience this again? Our brains love for us to believe that we're stuck. Whether that's a story given to us by someone else, well, that's for you to uncover and decide. But I think the stuckness can often be a combination platter of two realities. Number one, you believe in stuckness. And number two, you are alone. Most often than not, we want to take actions for others. And this makes sense, right? Why not? We're social creatures, we've developed in community.

And so in these extended Corona times, I've got to get curious if this feeling of stuckness is really rubbing up against the truths of you are alone, and the not so truths of you are alone. And so in this episode, instead of doing any problem solving for anyone, I want you all to come back to Byron Katie's work. Now I actually mentioned her work probably about 50 episodes ago, a year ago. If you haven't read her book yet, it's called Loving What Is, and now is a great time. There's no better time than the present. It's short. It's powerful. It's one of those that reaffirmed all of my life choices when I read it shortly after moving here to Portland a few years ago, right around the time of the Gumby Target dressing room, sports bra incident. She put words to ideas I had only touched intangibly, and I really want you to take the following four questions seriously.

If you notice that there is a theme in your life right now of being stuck, of stuckness, a feeling that this thought that you're thinking about yourself is the truth and the only truth. And that there is no way to become curious about how to unstuck the stuck, how to shift or pivot or move through or break through or break down or break around. I need you to ask yourself these questions. So here they are. They're on her site. They're free. You can just type in Byron Katie into ye old Google machine or whichever one you use these days. Go try them this week. Yeah. If you've ever had an experience, be it emotional or spiritual or physical, or with your food or with your sleep or with your thoughts or with your relationships or with existence at large, where you felt just as stuck as I did your elbow crammed up to your nipple in a sports bra, you cannot get out of, this is a week to try the following four questions.

Number one, is it true?

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Number two, can you absolutely know that it's true?

Number three. How do you react? What happens when you believe that thought?

And number four, who would you be without that thought?

I want you to try those questions out around the thought that you're having about your stuckness this week. Try them. Here they are one more time. Think of the situation, the thought, the feeling, the thing that keeps happening or keeps not happening or your loneliness or your overwhelm. Number one, is it true? Number two, can you absolutely know that it's true? Number three, how do you react? And what happens when you believe that thought? And number four, who would you be without that thought? Try them because I'll say right here right now, thank God for tiny sports bras.

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 this 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.