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Podcast Episode # 22

The Beyond The Food Show

Q&A Stop Beating Yourself Up Over Poor Choices



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Stephanie: Welcome to episode 22. Today we tackle a very popular question that I get all the time - actually, almost, well every single time I put out a group program or I work one on one with the patient. I get this to the participant, how do I stop beating myself up for bad choices? Choices that are not align with the program? Does that sound familiar to you? Sure it does.

If you've been through any type of lifestyle, nutrition or fitness program to enhance your health or to achieve your goal that probably has happened to you. Maybe even if you are following my program the Undiet 2017 that I put out between episode 15 and 19, I believe, it's probably something you've experienced in the last few days or weeks.

Now the answer to that is somewhat simple but it's completely counter intuitive to what we have been trained or we've been told we needed to do to achieve success. So stay tune for the episode and Diane have got an amazing step by step process for you.

Now it's already episode 22, 22 episodes in the bank. It feels like I have just started this whole podcast adventure and I want to recognize everyone of you that are listening right now to this podcast and let you know how much of a blessing you are in my life. You are enabling me to do and live my purpose, and for that I am so grateful for you and if you've wondered how you can help me and support me in this podcast adventure, it is simply in living a review in iTunes. And for a number of reason it helps me, it fuels me to continue, it helps me to understand what's important for you but it also helps boost the show so more people can get their attention on the podcast.

And today I want to share with you a review that came in through iTunes and that's for KC Kenny and KC says, "I just listened to your episode 13 today and the interview with Trina Felber from Primal Life Organic. I am myself a consultant for Beauty Counter and just started swapping all my skincare but this episode was pack with great information. Thank you and keep up the great work." Well, thank you to you KC for sharing how much this episode impacted your life specifically that you are a specialist in the field of organic skincare. Thank you so much.

Now before we move on to the episode, I just want to share a little insight on my personal life because I think it can help you also. As I'm recording this episode, I just finished an hour ago a meeting with a master in Feng Shui. Do you know what Feng Shui is? I did not know what Feng Shui was till about a few weeks ago when I listened to a podcast from a gentleman named James Wedmore in his podcast Mind Your Business,

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it's a business oriented podcast and he was sharing with us how he had just "Feng Shui" his home and his office. And I got really intrigued and I started doing some research and I want to quickly share that with you.

For those who like me, do not know what Feng Shui is, Feng Shui is an ancient art and a science developed over 3,000 years ago in China. The idea behind Feng Shui, it is a practice that are home, are a mirror of what is happening inside of us. And some of you may be familiar with that in the sense that people say that are closet ladies are reflection of what's going on in our mind and messiness of our closet and the messiness of our mind. Well Feng Shui isn't somewhat that but it's into the alignment of the color of the decoration of our house, where the rooms are positioned is going to bring a certain energy to us and Feng Shui is the heart of aligning the different element in our home to induce certain energy in ourselves and into our life.

So I found a local Feng Shui master and she just came over my house and gave me a map of how the energy flowed into my house and what I could do to get more of this positive energy - I know for some of you that maybe completely out there but just bear with me and you may get intrigued and Google Feng Shui, the spelling is F-E-N-G S-H-U-I.

So we went through my house and this is a new house that I purchased six months ago and it was purchased toward how I want to live my life. So the house was aligned in a good way with my energy but here's two tips that came out of that meeting that I thought I would share with you.

If you have an office in a home or space where you work, one of the things that is critical is the placement of the chair; and you can apply that also if you work outside of home. Your chair and your desk must be facing the door where people enter your office. The reason why that is, it is a command position so as people enter your office space, you must have the in charge and command energy and to do that you must be facing people as they come in. So for me that's going to mean a little bit of realignment into my office to make sure that my chair face my door.

The second tip is the power of the color red. We always intuitively know how powerful red is and how it engages us when we are faced with this color, right? It's a bit of an aggressive, positive type of color. So if you are in a room in your house where you need to be more in charge, whether be it in your personal bedroom where you need to have a more power in your personal relationship or your office where you need to have more of an in charge powerful energy, bring red color into your space. So based on the room and the feeling you want to achieve, bring the color red.

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So for me that means that my back wall, the one that is facing the door when you come in will get painted red and to meet bringing art print on my wall that are going to bring this in command feeling and the feeling of prosperity in my business so I can help more people like you. So if you follow me on social media, you will see - particularly on Instagram, as I do these changes, I'm going to put some picture for you to share so come and check me out on Instagram. But if you've never heard of Feng Shui, go Google it and you may find something in there for you.

Now, are you ready to find out how to stop beating yourself up when you make bad choices? You are? Let's do this.

Diane asked, "I have been on this path of changing my lifestyle and eating healthier. I purchased your book, the Keto Connector and seen some amazing changes in my life - better mood, less menopausal hot flushes and even lost some weight. I love the result. What I'm challenged is with the thought that go through my mind if I eat off plan, if I eat bad food. I can't stop beating myself for days. How can I stop this behavior?"

Are you yourself sometimes at war with yourself with your head? I know, I do. I didn't, I do and I will. It's something that is completely normal. So I want you to get that straight right off the bat. Diane, you're not alone and I know that people listening to this podcast right now, do me a favor, raise your hand if that ever happened to you.

Most of us think that we need to be harsh and critical of ourselves in order to progress and move forward. Why is that? Well for most of us, that's how we were taught to achieve something. That's how we were brought up, maybe that's how we were led by former leader bosses, maybe that's how our relationship are with our close one. It sure is the way society and particularly marketing lead us to believe that we need to achieve something. I mean I could refer to a whole motto in fitness called "no pain, no gain", right? We've heard it, we've seen it, we even participate in it sometimes.

The message behind these harsh critics is that it's an effective motivator to do better next time. So for Diane, for me and for some of you, when we beat ourselves up for bad choices, we believe that by doing this, we're not going to do this again. We believe that being harsh and critical of ourselves will help us move forward.

Now that's one way of looking at it and one point of view. And unfortunately that's very popular in society. Now there's other point of view and I want to read you a quote from one lady that I absolutely love. If you

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don't know her, I absolutely recommend that you go and Google this lady, her name is Louise Hay, H-A-Y. And the quote goes as follow: "You have been criticizing yourself for years and it hasn't work. Now try approving of yourself and see what happen." Now that's the opposite approach. Love instead of fear, what a concept. I know.

The thought of accepting our misbehavior that it isn't regard to food, to fitness or any changes we want to apply in our life and us being "off plan" that accepted as bad food choices in the case of Diane is just going to lead us to do more of it to make it acceptable to mind that making bad choices is totally okay. Accepting that sound absolutely crazy, right? Well, as I said there's other point of view and there's actually science behind this what Louise Hay is saying.

A group of researchers did a study on compassion versus self critic. Which one is more effective in helping you move forward in achieving your goal? It actually took four different groups of students and apply four different ways of going about making a mistake towards studying for a test. Guess what came out? The group in which self compassion approach to their mistake did better than the three other groups who had some form of self critic in regard to their error regarding their exam. They expanded that and tested in upon personal approach it has fitness and weight loss and got the same results. People who were compassionate toward themselves actually did the following time. What do you think?

So that's science, right? So there is some value behind that but let me give you a third perspective maybe. Let me show you that acceptance AKA love, is actually something that you practice when mistakes are made. Let me ask you to put yourself in your head and place where you are, in a meeting, in a social outing with a friend, a sister, a brother, a close one. And that person sharing with you that they made a mistake regards to fitness, maybe they had a resolution in the New Year to go to the gym three times a week and last week they only went two times, or they decided that they are not going to eat processed food anymore and the night before that they went to McDonalds. How would you respond to your loved one as they are sharing this? Would you criticize them? Would you call them? Would you be harsh with them?

Likely not, likely you would either bring some fun to the situation, likely you would find some form of compassion to the situation, you would never be harsh with your loved one, right? You would never call them names, you would never harped them for hours for the same topic, would you? For most people the answer would be no. My question to you is, why are you doing it to yourself? Why are you being harsh and critical to yourself? Way

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more that you would for a loved one.

Well the answer is somewhat simple and I'm sure for many of you right now, the light bulb is going up your head of what the answer is. However, the practice of it is where the work needs to be. So what is the answer? Why would you be harsher with yourself - as Diane expressed, versus your loved one? The answer is you personally, do not value yourself as much as you value others and loved ones. So your only relationship with yourself, you do not have value and love towards it as much as your relationship with your friends, your sister, your brother, your mother or whoever is in your life. The only reason why we're harsh and self critical at that level with ourselves is because we don't have enough love towards ourselves. Crazy, right?

I know for some of you this is difficult to hear but it is the truth and I know, God do I know this is the case for me. It took me work for me to accept myself the way that I am and accept all my good side and my not so good side and accept to who I am as a whole. Now you want to stop beating yourself up? That's what you have to do. You have to develop first acceptance and second, love for yourself. So let's go to how we're going to do that.

Now before we get there, I want to take a few seconds to thank our sponsor for today's show, because today when show will be out there, free to you if I didn't have any sponsor. And my sponsor for the show is FBomb where fat is a smart source of fuel. FBomb are products that are manufactured in their healthy sources of fats in a convenient went out pouches systems are one serving that you can take with you anywhere. So for all of you who want to avoid the granola bars and the chocolate bars when you're on the go, you want to eat healthy, FBomb has products for you.

And the reason why I want to be associated with FBomb is because their intent behind this business is not just to sell stuff, it's to actually give back and support the community. FBomb distributes free Keto quick start guides if you go to their website, you can get that there. FBomb will be giving away all kinds of health books in 2017, this year. They just launched a free non-profit Keto forum - again accessible via other website, and FBomb sponsor people like me who have positive health messages via my podcast and they are sponsoring other podcasts as well. They sponsor athletes which I've interviewed in the past podcast and an out coming podcast as well, so check that out.

You can find FBomb at their website, www.dropanfbomb.com and for the listener of the show, for your first order you get 10% off. You have to use the discount code "Beyond the Food" to get your 10% off at checkout.

Now back to our question from Diane, how to stop beating yourself up? We've

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identified via science that compassion was the key. Through my personal experience I shared with you that compassion was the key. How do we develop compassion and later on love for ourselves?

So Diane, here's four things that you can start doing right now to help yourself and stop yourself from beating yourself up when you made a bad choice. Number one is gratefulness. You need to increase positivity in your life towards yourself and towards the life that you lead. A quick way of doing that is doing a daily five minute journal.

So go get yourself a blank book, nothing expensive and everyday when you wake up, list three things that you love about yourself and about your life. Force yourself to find those three things and make sure you associate the reason why you love those elements of yourself in your life. At the end of the day, list three things that you loved about your day, whatever be it other things, the relationship, three things that you've enjoyed about your day.

What that will do is it will put your mind positive mindset towards yourself and towards your life. In time, changing your outlook on yourself and on your life to be more positive, to be more compassionate and to be more loving.

Second thing, speak to yourself in the same way you would to your loved one. So the multi step approach. Now you know that you wouldn't be rude, you wouldn't be screaming, you wouldn't be using negative word towards your loved one, so apply that same role to yourself. At first, it will be done automatically in your head, you will have those negative words, those negative thoughts towards yourself but what I'm asking you do at first is be aware, be aware of what you're doing, "catch yourself doing it", and at the moment you catches yourself.

Stop or change the wording you are using. Force yourself towards change. With time and with experience of doing that over days and weeks, you will have less moment where you're catching yourself because you will start reprogramming your subconscious to not use those words, those tones with yourself. So the exercise at first, catch yourself and then second to change the language you are using towards yourself.

The third step, the next time you "get off plan" and I'll talk to that in step number four but for now, next time you get off plan, instead of focusing on getting off plan, focus on finding the reason why your emotional eating kicked in, because that's what it is. You have all the good intention in the world. However you had an event, a situation, a thought that drawn you back to your emotional eating.

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So as you realized you're eating off plan, ask yourself what has happened that led to me to emotional eating. I have a complete guide and it will be in the show note at stephaniedodier.com/022 and you will be able to download it for free, so go check it out.

Now the last step is stop trying to achieve perfection. Perfection is not human. I know this is a big concept because I again, society, marketing, leaders out there are pushing us to strive towards perfection but I must say to you, the truth is perfection does not exist. It is not our role as human being to live a perfect life. And why I'm saying that is the emotion in living our life will lead us towards making mistakes and the role we have is to learn from our mistakes and this emotional component is what makes us different than animals. We as human are different because had emotion and emotion leads us to make choices, decisions - in this case eating food, that makes us feel better.

Striving for perfection denies the fact that you have emotion, denies the fact that you are human. So if you are striving for perfection because that's how you perceived how you should be, accept the fact that you will never be perfect and that's totally okay, that's how it should be. So if your food plan or your perception Diane, of food plan that requires you to be perfect at all time, it is not reasonable.

Now therapeutically, we're using diets to help heal conditions so therapeutically, we may say to someone that has auto immune condition to avoid Nai Chai but we're not going to tell them to avoid this entire list of food for the rest their life. At some point we're going to reintroduce the real food into their life and see how their body reacts.

The same thing goes with the program that Diane is doing, the Keto Connector. It is not meant to be for the rest of your life, right? It is something where you do in a vast majority of your life where you eat real food that are lower in carbohydrate but it does not expect you to be perfect at all times. So it's very different than being in a therapeutic mindset where you're trying to heal a condition.

Now if your plan or your leader absolutely requires you to be perfect at all time, maybe the plan is not made for human. It certainly not made for me or for you because we don't want to be perfect. So look at the outlook you have on your plan and put it back to perspective of being human.

What I'm encouraging you to do is to do conscious choices of eating food that are "off plan". Be conscious, be strategic, put an intent behind the situation where you choose to eat food that are "off plan" and enjoy it. Enjoy the moment

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because you made a conscious choice. And as you practice step three which is understanding the emotional component behind you making bad choices, you will be less and less and less in being in the position of consciously choosing to eat items that are off plan because you have an intent behind it.

So I hope Diane, it helped you and I hope it helped others that are struggling with beating yourself up. It is not about controlling the world in the moment, it's about finding more love for yourself.