0:42

Hi, Pamela, thanks for joining me today. My pleasure. So this session is going to be recorded and just used for my instructors and classmates in one of our classes that we'll be reviewing and it will not be used for any other purposes without additional permission.

1:05

Okay, great. All right. So what challenge or issue would you like to work on today?

1:15

I think being able to fully commit to something, I feel like I get excited and want to commit to something and then I can only maintain it for like a week or so and then I just fall apart.

1:31

Okay. So if you were able to commit to something what capacities which you have?

1:46

What do you mean? Like who would you get to be in the world and if you could accomplish that intention? Like what would it provide for you?

1:54

I think it would just provide a sense of accomplishment and that I can actually do it.

2:03

It would just make me feel better. And you know, just be able to fully commit and go through all the way to the end to a project or a program or whatever it may be.

2:25

Got it. Can you give me an example of something recently that you started to commit to and then didn't end and the reason why it didn't stick with you?

2:39

Yeah, just recently I did a program that is a five-day cleanse, and they provide you with all of the food that you eat.

2:54

Everything you need for five days, so you're not supposed to deviate from it at all. And I’m gung ho, I want to do it. I want to do it for health reasons. I want to do it to you know, not so much to lose weight, but just more health reasons. And I get through the first two days brilliantly and I'm all gung ho and then start on day three.

3:20

Oh, maybe add a little something here and there. And day four. I'm like, oh, hell with it. I'm gonna add some fruit. On day five it's completely a mess. And I'm still having food sitting there that I didn't eat because I improvised. And then I feel like a failure. It's like I spend this money to do it and I feel good doing it and then I just can't quite see it to the end. It's really frustrating.

3:55

I can absolutely imagine how frustrating that could be.

What happens in the moment that you decide, oh, I'll just have a little piece of fruit. Like, what's, what are you wrestling with in your head?

4:07

That's a really good question. I think it's a combination of wanting something more maybe like just I need like, something more. It's not enough. You know, for me, and I think to myself, well, you know, some grapes won't hurt because it's healthy, and it's fruit. And then that spirals into Okay, well.

4:34

Maybe I'll just have a salad. Isn’t fattening and it's kind of mostly water but then you put dressing on it and then well then, and I just go down this deep hole, this rabbit hole and then by day five, I'm like, “Gosh, darn it, you suck. You can't do it. You just completely ruined it.”

4:57

Do you notice anywhere else in your life or work or relationships that that same pattern repeats.

Yeah, you know work, it's interesting. I recently retired, like a year ago, that work I would have no problem following through on major projects, you know, events, whatever it is. I was so good at seeing everything through brilliantly and that was never a problem. It's clearly in my personal life. And yes, I see it in like I started workout program and okay, I'm gonna do this every day and I plot out okay, I'm gonna do this workout this day and then this and I alternate it so it's good for my body and my different body parts and give myself rest. And then I just get lazy or I don't know what it is. And then I just kind of Peter out. So yeah, it’s in different areas. Now I don't do it with my horses, I don't do it with work, but it seems to be with food and working out. Actually you know, I just realized, it's food and working out, are my two main things.

6:04

Okay, well, by the end of our session here, what would feel like a sense of accomplishment or that we got to some measure of success through the work we're going to do today?

6:19

Well, I'm hoping you can help tell me that too. But ideally, to figure out why I can't you know, finish something, complete it without cheating or quitting. And why it is that I'm doing that. How I can do it in some aspects of my life, but not in others.

6:39

Well, at least we could get clearer or have a little bit more freedom around it, to work towards it. Okay, great. Well, let's circle back to where what you just mentioned, if you notice it, it's not at work. And it really is around diet and exercise. Did I get that right?

7:04

Yeah.

7:09

So, tell me more meaning, there is a point, and you even recognize it, which I actually have to applaud you for noticing the moment you want to deviate from your goal. It's huge, right? That's the first part of transformation is just an awareness that it's happening.

7:26

You know, for so many people, they're, they're unconscious to that. So I have high-five you for actually noticing when you're, “Okay, I'm about to fall off the wagon.

7:44

And you know, you mentioned that at the, what it could provide you is this sense of accomplishment. I'm just curious, if you could think about the feelings in your body when you're needing that extra support like what there's a void somewhere, right, that you're wanting to fill with those grapes or that salad or not doing that second set of reps or whatever it is, right? So, tell me more about the experience that your body is going through and I'm wondering even if there's a place in your body that you kind of feel that tension build when you if you can put yourself in the moment when you're choosing to have those grapes.

8:38

It sounds so weird to have, you know, gosh forbid I have grapes, but in context that makes sense.

8:45

We're throwing logic out right now, let's just talk about the actual sensations that you're going through. It's more a conversation than a sensation. It's like a conversation I have with myself. And I literally like in the morning, I'll sit here and I'll think okay, I've done that before. I'll pick out my prolong my ah peloton class I’m gonna take the next morning and my Les Mills weight class I'm going to take. I get everything lined up and charged and ready for the next morning to do these. And then in the morning, I get up and I'll say, either I go do it and it feels so good afterwards, like it feels so good afterwards and while I'm doing it. I think gosh, why don't I do this every day? And then but then some mornings I get up and I'm like I have this internal conversation with myself. And I, I negotiate with myself. And it's the same thing I kind of have with food, I negotiate with myself. Okay, well, you don't feel like doing it this morning and then go do this, this, this and then this afternoon…do it this afternoon. And then of course, by the time the afternoon comes, I'm wiped out. You know, from either riding horses or just the day, and then I don't want to do it, so then I don't do it. So, I just, I have this negotiation that goes back and forth. So it's not really a feeling in my body. It's more in my mind. And I know I feel good when I do it. I just sometimes just can't motivate myself to get my ass down there and do it in the garage, It’s right in the garage. It's not like I have to go to a gym.

10:19

I have to walk like 20 feet to go do it. So I don't know. It's, I don't know. It's just those two things. It's interesting.

10:29

And it really is just those two things because everything else, golf, family, things I have to work on, horses, it's all, I'm so like, boom, boom, boom, I can get it done and I, it's no problem. And I don't negotiate with myself. So I don't know. It’s these two things. It's always been like that.

10:56

So those two things, if you had them, even beyond that sense of accomplishment, who is this Pamela you want to be? When, again, on that, I'm gonna take you back to that one, that first day and you're gung ho and you feel great in the workout, right? You've got, what is the picture in your head of the super woman you're going to be if you did this every single day for the rest of your life?

11:23

Oh, it's really easy. It's this person that has this body that is very toned. And muscular and healthy. And I feel good.

11:30

Because, and it's weird because I don't know if you can relate to this, but as the older we get, the more your body starts going to hell. You know, all of a sudden, I have flab in places where I didn't know I had

11:44

Because nobody else in the world has that.

11:48

And I'm like oh my god, I've got to do more upper body you know weights and stuff and get rid of this flab and this, you know everything.

11:56

So, that's the goal. That's the person I see and not having to look at this crap anymore. And I’m motivated, but sometimes I just can't do it, it’s so weird. I just get, and I'm not a lazy person. Because I'm always busy doing stuff and I'm never just laying around doing nothing. It's just, my priorities are skewed a bit, I think.

12:17

Okay, so there's something that is serving you by justifying not doing the workout or not, adding the grapes in or whatnot. Any idea what that is?

12:39

No. If I did, I would probably be able to conquer it, I guess.

Okay.

But no.

12:49

I guess some people would say it's just laziness or, but it's really not. Well, I guess it is, otherwise I’d get my ass down there and I would workout. So maybe it is.

13:05

What if it's not laziness, what else could it be? Um. Like, let me say it another way, like you're getting a benefit when you choose to have the grapes or choose not to do the workout or justify I'll do it this afternoon and then find a million reasons why in the afternoon it won't fit in the schedule. There is a benefit, so take a moment and just think about what you get by making those choices. Cause it’s serving you.

13:30

Yeah, it is serving me somehow. It's a good question. Um. Well, I guess for working out, it benefits me I don't have to go down and sweat and work hard and be sore.

13:41

But it's not really a benefit in the long run. It's just a moment.

Yeah, we're talking about that temporary benefit.

Temporary benefit.

Cause then you know like, you don't get sweaty and then you don't have to take a shower afterwards. Like, what are all the things that you don't have to do when you don't have to do that?

Yeah, I can go do things that I'd rather do, which is you know, go up to the horses or go do ceramics or go, there's a lot of things I'd rather do than working out. And so I think that, that's interesting, so maybe that's the kind of negotiating I do with myself so that I can do the things that I like, and not the things that you know, take a lot of effort and work which is working out. Interesting.

14:25

When that could be. As far as food goes, oh, that's easy. The benefit is I get to eat yummy things.

14:35

That's easy. That's called no willpower.

14:39

I have no willpower. When it comes to food I have no willpower and that's why I cannot have things in the house. You know, like I mistakenly bought two little strawberry hand pies from Trader Joe's yesterday and they're big. And you know, they're gone. Now.

14:59

It took one day for me to eat both of them cause I have no willpower. That's easy. But ah, yeah.

Okay, well let's, let's look at no willpower. What do you have willpower over?

15:12

Oh, I have willpower over killing my husband.

15:19

But have you done that?

15:22

Have I killed him?

Yeah.

15:24

Close to it.

15:28

Um, let's see. Willpower, I have willpower in almost all aspects of my life.

15:34

Um, you know, as far as the work and dedication it takes with the horses and the training and the time and, the you know, the sweat and the, it's just, it's a lot especially with you know, some new horses. And then the willpower and my golf and going and hitting balls and taking the time and, you know, a lot of things.

15:59

But when it comes to sweets and junk food or stuff, you know, I battle with that willpower. But then it just as the older I get, the more I realize how bad it is health-wise. It's not so much the momentary satisfaction you get. It's, I'm trying to think more of the long-term, you know, health consequences.

16:22

Okay, so let's restate. Number one, you do have willpower so we can negate your earlier statement if you’ll agree and if you'll say, “I do have willpower.”

I do have willpower in some aspects of my life.

Okay. And maybe let's even consider what if it's not willpower? What's a different word?

16:42

Fortitude. Ambition. Um. Desire. I don’t know, there’s probably a lot of different words. Um.

16:52

Just over to the, the sugar comment – you know sugar is more addictive than cocaine. Yay. So, um, you know, I just want you to give yourself some grace and slack that it's a very powerful drug, sugar.

True.

So, um, and you know when we can, just like carbs, right, when we can get through however many days of not having them, then you don't miss them anymore.

So, okay, so, you do have willpower. We just have a challenge with, and again, grapes are just little sugar bombs. Right? Picking a different…

They’re healthy.

Different cheat food.

There you go. Sure.

Okay.

17:58

Um. Where do I want to do this? When you say that you have willpower and now that you can, you know a little bit of illumination about this focus of where it is, like what do you notice inside of you that you're even telling yourself now? Is, has that conversation changed all internally?

18:20

Say that again?

What do you notice different from when we started this conversation, now that we've focused on, it’s either these two areas, or it's just this, this little aspect of it, it's not this whole complete failure of a person you are?

Yeah, I mean I like that we've narrowed it down. And I like the fact that I'm realizing that I do have willpower and I do have what it takes. I just need to apply it. Um, I just need to be more focused and apply it in these areas and, and just tell myself I do have willpower. I can do this. I got it. It's like, you know I'm not a failure and, and, um, you know, I can get, I can, I can tackle these things.

What are some other strengths of yours that can help support you when you might be at a pivot point in the future? Who else are you?

19:27

Very organized and very determined. Um, to help that, to help that, um, I just think my strength, I can, I can be really strong, I can be determined when I need to be. So I just need to apply that to, to this and just make it happen.

19:49

And what are the other, like I want you to think again of the ‘who you could be when you succeed at these little things’ and let's take turtle steps, right, just little victories. When you think of that you could have that sense of accomplishment and have this toned body and all the other ways you want to feel whether it's muscular or fit, what are two, what's a tool, even just one tool you can implement starting today to help you conquer that moment when you want the grapes?

Is it a tool or a goal?

Either, whatever works.

20:40

Okay, I have a good goal. And this applies to working out.

Okay.

20:44

I am sick and tired of struggling to put my Western saddle on my big, tall mare. And it's, I mean serious, I've even tried to like rig some sort of pulley system with ropes in the barn and stuff.

You mean it's physically hard to get the saddle on her, or your intention to put it on her?

It's physically hard to get it on her, because it's so heavy. And she's so tall. And literally I mean it's, it’s a, it's a struggle to get it on her. So, my goal, I would love, and it's a really good goal, is to really build up my upper body strength so that it's not so hard. That every day I struggle, and I feel like I'm gonna throw my back out or something because that's how heavy the saddle is, and to try and get it on her and she's, you know, she's 16’2, she's a big girl. So, I mean, that’s a goal, that's a really, and that is a really good goal. Um.

21:41

And then you know, with my I think my leg strength is, is pretty good. But you know, my goal is to be able to play golf and ride horses well into my retirement years. And that's my goal. And as I get older now, and I'm in my 60s, I really have to think about that stuff. You know, you want to be able to be in shape and be strong so you can continue to do the things that you like as you get older. So that is my, I was just thinking about that. That is my goal. And that's a really good goal for me because it ends up benefiting something that I really really love. Yeah.

I love that. So, what's a turtle step to build up that upper body strength?

22:19

That is to make a deal with myself. Instead of try. I think what I do is I bite off more than I can chew and I put this “I got to do it every day, bum, bum bum.” I think what I'm gonna do is smaller steps and maybe just like three times a week, commit to doing weights and working on my strength.

22:39

And then I think if, I think that's doable, and if I do that, I try and take on too much, and I want it all overnight. Like my husband always says you know, you just want to get it back overnight and I gotta be more realistic that it just takes time and take baby, I like the turtle steps, take turtle steps and just maybe three days a week. And then I can work up from there.

22:57

And how are you going to reward yourself?

By not killing myself when I put this up.

23:09

I reward myself with grapes and candy. Of course.

23:14

What else could you reward yourself with?

23:18

Um, well being able to wear short sleeve shirts, again. Cause I'm not embarrassed about my arms.

23:26

Okay, we are coming up on our time. Can you tell me, did we get to, closer to your goal here?

23:44

Yes, you really made me realize some things and opened my eyes. So that's good. It made me, I'm really starting, my mind's working. I'm starting to think of ways to tackle these issues. I already feel better about it. So I feel like I can go and put together a more realistic, and that's another thing with food too…maybe I'm trying to do these two severe of things that I just, you know, they're too much for me. And I just got to do it in turtle steps and do smaller, and just take it like, you know, one day or one step instead of trying to do these major, strict. I can do those in a controlled environment where that's all we do, like down in San Diego, but I, it's hard for me at home to do something super strict.

24:28

So I think I'm just gonna go easier on myself and bite off smaller bites of, no pun intended, of, you know these. That's probably the best way to do this. So yeah, you're very, super helpful. I’m impressed.

24:42

I'm glad that was a success for you and it created that awareness.

Definitely.

So you feel complete for today?

I do.

Awesome. Thank you.

Okay, I'm gonna stop the recording.