

Coaching Demo #6

- Stacey: Hello and welcome to the Become A Health Coach Session 6 coaching demo with my client, Danielle. Hey Danielle! How are you?
- Danielle: Hey Stacey, feeling good, how are you?
- Stacey: I'm doing good, so, thanks for showing up today. Especially after our last session talking about sabotage, I'm curious, did you find yourself any temptation of not showing up?
- Danielle: You know I didn't feel that way, I wanted to show up today.
- Stacey: Good. I'm so glad to hear that. I'm so enjoying these sessions, and it's such an honor and pleasure to get to work with you through this journey.
- Danielle: Thank you so much.
- Stacey: So, Danielle we'll start off like we usually do, something that is working well. So what's going on for you?
- Danielle: Well I'm really happy to report this, in the beginning of our journey together, I actually hid my scale. I didn't want to know and I didn't want to update myself. And something told me to look at it the other day, and I did, and I am down seven pounds from when we started.
- Stacey: Oh my goodness!
- Danielle: Seven!
- Stacey: That's incredible! That's amazing because that's almost at your goal! That's actually almost at your goal!
- Danielle: Yes! I know, just a few more!
- Stacey: Congratulations. What do you think made that different?
- Danielle: I think really just the mindfulness around eating and movement have been really helping me make better choices. As you know it's really easy to get caught up and forget to chew, or to breathe, or to relax and move at the same time. So just having that and kind of having your voice talking sometimes, I don't know if you know that, but you talk to me on occasion! And just these reminders to slow down. And I think that those things have really made a difference because honestly, it hasn't been hard work, it hasn't been like me trying to do boot camps at the gym, or do anything crazy, or cut out too many calories and all these things. It just felt really natural, and I suspect that had something to do with it.

- Stacey: And when you say, “Mindfulness around eating,” what are you being more mindful about?
- Danielle: About well, food choices, definitely. I remember I’m honoring my hunger and fullness scale, I’m starting to figure out when I’m hungry, and plan ahead, and not eat when I’m really starving and to eat when I’m in this relaxed state. So that has really come into play and I think about them often. And I know when I think about them all the time it will be even better. But, I would say that 90% of the time I’m being really mindful, knowing exactly what I’m eating and how that’s going to affect me later, and it’s helping me to make the better choice.
- Stacey: Mmm... I love that. It’s really useful actually, food choices, honoring hunger and fullness, planning ahead, feeling more relaxed, and I also want to point out that this has not been hard, which is easy to overlook, but that’s a paradigm switch that can prevent us from feeling motivated. The idea that being healthy is hard.
- Danielle: Right. And in our first session I think I said something like, I was really scared to show up that day!
- Stacey: Yes, you thought it’d be work!
- Danielle: Yes, it seemed like it was going to be this hard work. But every session it just seems so natural. So it’s really helping me. Even at times when I don’t know that I’m consciously thinking it, my body is telling me what to do, and it’s great!
- Stacey: There are a couple of action steps I just wanted to follow up on, one was creating a Wednesday froyo ritual with Nicole, how is that going?
- Danielle: That is going really well, she liked that one, not just me.
- Stacey: And she was okay with sharing?
- Danielle: She was, she was. But she did mention like, “Well, could we just get the smaller one?” But I was like, “No, no, let’s just get the same size and we can split it.” But it actually worked out pretty well, and it was even more fun to eat it in one cup, you know?
- Stacey: Exactly! Yes! And this is one of the things we talked about the sharing of it is building more intimacy because one of the things that happens when we’re on a health plan and our partner is not necessarily on it with us is that it could create alienation, separation and divide. And we don’t want to necessarily grow apart from our partners as we’re going to get healthy. So there is some way of still being even more connected while feeling great.

Danielle: Right. And she was a little hesitant in the beginning, but we talked about it in that way, and it was kind of like, “Well this is your thing...But you’re my thing too, so it’s kind of our thing.”

Stacey: I love it. It’s adopting a new thing together, so well done!

Danielle: Thank you.

Stacey: How about having a mindful binge day, starting out with the power breakfast on Saturday, and then not doing the blackout thing, but knowing that there is a place and a time in the week where you could eat whatever you want and as much as you want?

Danielle: That has been really awesome too, just because like, sometimes I’ll think about it, think about snacking on a cookie or something during the week, and I’m like, “No, I already picked Sunday to have my mindful binge day,” because it’s like sometimes it’s like that lazy day where I do laundry and I do housework and sometimes I just want to snack all day. And so I have to talk to myself about it and it helps me all throughout the week. And I notice that I wasn’t super binge-y on Sunday either. And I was like, hmm, I don’t necessarily have to but it’s there if I want it!

Stacey: Fantastic. And let me know if that changes, so we can strategize other ways, but I found this to be a pretty popular one, and in some ways the compulsion to binge starts to relax because you’re allowed to do it. it’s no longer a rebellious thing. So, the need to do it helps relax it but also it’s there, you can use it, you get to use it if you want to.

Danielle: I notice that I would sometimes like, doodle, and I’d scribble down some of the things I was looking forward to eating on Sunday, like, I was like, “Oh, I’m going to have this chocolate chip cookie that was really good from the store!” And I wrote it down so I was like, “Oh I need to do it!” and then I would have that on Sunday—so some of the little things are helping me to kind of acknowledge that I wanted the cookie on Thursday, but I decide that I’m going to have it on Sunday.

Stacey: Well, it’s just really nicely noticed because it’s a lot harder to freefall into full on guilt-inducing self-destructive bingeing when we’re doing it consciously. So that’s good! And the last exercise we talked about was the mirror exercise, do you remember that one?

Danielle: I do.

Stacey: Did you get a chance to try it?

Danielle: I did, it was it felt really hard in the beginning and I have to soften my eyes a little bit and look directly into my eyes and not look at my face because I was seeing imperfections, and I was seeing flaws that I thought I had, and the more I tell myself “I love you” into my eyes, the more it felt true.

Stacey: Mmm...Yes. So there was a certain compassion for humanness when we soften around the flaws as being part of your character. Part of an incredible being and all it can do. And there is some way of developing a self-compassion, a self-acceptance, owning it. And changing your gaze so that when you look in the mirror, the first thing you see is beauty.

Danielle: Mmm-hmm.

Stacey: And this is part of adjusting our vision, which is adjusting our thoughts inside. Because our eyes are actually—they just reflect what is going on in the brain, the brain tells the eyes what to see, and the eyes are just a device that transport that outside. So, there's there's a way in which—right, we change the internal where we're putting our attention on seeing our innate beauty vs. flaws first. And this is the same thing that will carry you first in losing weight. One of the things that happens to people who have a goal of losing weight, especially losing a good amount of weight, is that you could lose 30 pounds and still see yourself with fat eyes.

Danielle: Mmm-hmm.

Stacey: So part of what this exercise is doing is we're falling in love with ourselves, accepting completely as we are, and it's okay to still want it to be better. But I think that I told you before that you can't lose something until we own it completely. You can't lose a dollar if you never had a dollar, you have to actually own it to lose it.

Danielle: Right.

Stacey: And as we'll continue to talk about, the slowing down of metabolism is really a stress response. And negating ourselves in the mirror is a way of inducing the stress response, which has to hold on to weight. The more loving and accepting you can be to yourself in the mirror, the more easily the weight will again, continue to shed until you reach the weight that feels most natural for you.

Danielle: Mmm...

Stacey: So, let's keep going forward, challenges, any obstacles or challenges?

Danielle: Yes, well I lost somebody very close to me this past week, it was a friend of mine from elementary school, we've known each other for a very long time, and she didn't make it through her cancer treatment, and so we were all really, just really shocking and it seems like it happened so fast. And I couldn't be there in New York with my family and friends at that time so it was hard on a whole 'nother level. And so noticing that during the grieving process, it was just really hard to continue to be super mindful of how I was eating. And I was not hungry, I had no appetite, and then it was like somebody would be trying to take care of me, and they'd bring me a sandwich, or a cannoli,

or something to try and make sure I was eating. And I would just kind of eat it because I knew that I hadn't eaten all day. So it was just like, I wasn't pacing out meals, I wasn't, you know it was just really hard to think about myself when all I could really think about was my friend and her family and our friends who are all grieving this wonderful person.

Stacey: Yes. First of all, I'm so sorry to hear about your friend.

Danielle: Thank you.

Stacey: Yes, and it's completely understandable both the no appetite and then people bringing you food, then it becomes something kind of functional. And what I'm—it makes sense as a coping strategy a bit, it takes the edge off—and I'm curious, if there was a judgement about that, like as you're telling me about this, or as you were doing it, anything that was coming up for you around judging it as "I shouldn't be doing this, this is wrong, or bad..." or anything like that?

Danielle: Yes definitely. It's like, especially when I came to what I was eating. I didn't have an appetite, I didn't notice anything, and I couldn't really feel that hunger scale and I wasn't conscious about it, and then you know, somebody would send me a sandwich, or some cookies or something and I would just kind of put the food in my mouth and eat it. And then afterwards fall into a, well, this isn't something you're doing for yourself, this isn't a part of your health journey—and then it was a little bit of a downward spiral I think because I was already very sad. And then judging myself in this different way, so I was, I was really feeling a little judgmental and it happened after I already eaten it. And then it'd make me feel a little sick, and (UNINTELLIGIBLE) at the same time.

Stacey: Yes, and it's, if we were to imagine to suspend the judgement what might have you been thinking to fulfill or avoid? Just soften into it for a moment of like, what might that have been in service of? How come?

Danielle: How come I had the judgement?

Stacey: No, no sorry, let me be more clear—that there were these foods that you normally might not have eaten, they weren't a part of your health plan, but, they were there and if those foods, if we could consider that those foods were medicine in some way, what is the thing that they might have been soothing?

Danielle: They were given because somebody I cared about was helping me to feel nourished, and helping me by showing that they love me and that they're being supportive.

Stacey: That is someone who was bringing you the food—

Danielle: Yes, and making sure I was eating.

Stacey: So forget about what it was you ate—but to notice that you were allowing yourself to be taken care of. To notice that sometimes that's more important than the exactly what it was. The person could have brought you a green juice and a salad, they could have, maybe, but that wasn't the important thing. Nourishment comes in all different forms. Sometimes nourishment is how you're eating and how it will transform into energy. And sometimes nourishment is not necessarily about the food so what was the nourishment that moment. Was it allowing yourself to be taken care of, is that more important than the what it was?

Danielle: Right. I'm allowing myself to be taken care of, and that's important to me.

Stacey: Yes. So can you just give that part of you that may have been judging or hard on yourself about that, can you just give that part of you a little hug and compassion, that the nourishment you were needing is allowing yourself to be taken care of and not to be needing to evaluate, is this a good food? Is this going to raise my energy? Lower my energy? Like the thing that was most nourishing was just to be taken care of. So when it's framed like that, what is the experience of that for you?

Danielle: It feels like my whole core is released and the tension is melting inside.

Stacey: And is there any learning to be done in that, that when you're in the face of something difficult or challenging is there anything you wanted to ask for but couldn't? That perhaps in the future you would like to? Like, the person was wanting to be in service to you, what would be most nourishing to you. You might not be able to access this, but this is an opportunity right now to review that there are sometimes some very emotional things that happen to us, what was Danielle most needing or wanting. If you knew already that you could allow yourself to be taken care of now we take that future, how would you like to be taken care of? And maybe it's to receive exactly what is offered. That's okay. And if there is a way that someone who obviously loves you could take care of you better, there is a starter phrase. And just try it to see if anything comes out. You know what I would love right now? When you are needing to cope with something that is difficult, try to put yourself back in that place, what is Danielle most needing or wanting?

Danielle: I think that connection, and embracing, and love. It is almost like my loved ones definitely know what to do for me, and I think a lot of times we don't know what to do. Just to be there and like, cuddle, or help me have conversation about life, about whatever is going on.

Stacey: So here I am, I come to you, and I've got cannoli's and all this stuff, and you can just reflect back to me. "Thank you, you know what I'd love right now...?" and just try that with me.

Danielle: Okay.

- Stacey: I've got cannoli's, here they are! And just know that you can eat them! It's a choice, it's honoring your options of how you would like to feel most nourished. So it's on the menu. So let's just try it and see what happens. "Here they are..."
- Danielle: Mmm... thank you so much. You know what I would really love right now is just a really long hug.
- Stacey: Mmm-hmm. Okay so play a movie of that really long hug in your mind. Then we get to the end of the hug, and how does that feel?
- Danielle: It feels really nice, I really don't even like cannoli's, and I ate them anyway! It was like a way of saying, "No thank you." but instead of saying what I would really like.
- Stacey: Yes, yes, and notice that those things are on the menu, and you can do both, and you can also get a sense of the return of satisfaction on each one. The cannoli is fairly short lived, and the lingering hug is longer lasting.
- Danielle: Mmm-hmm.
- Stacey: So just notice the difference in energetic qualities of those things. Now, the other thing that's going on here, because this sort of, you can see this as a sabotaging, you eat these cannoli's and something difficult happened, and emotional stress you'd rather not deal with and something like that, you can see this as a form of sabotage. But sometimes we just need to (UNINTELLIGIBLE) in something pleasurable. And one of the things I wanted to talk about today was a way of kind of continuing the conversation about sabotage and coping strategies and it's perfectly timed with this idea that nourishment comes sometime in non-edible forms. I would say that self-medication, food was a way of self-medicating. Like, what are the ways of self-medicating that are not food related that do not derail your health. Does that make sense?
- So today, I want to do something kind of fun and playful and it's going to be pulling away from, but not ignoring or avoiding the grief I can only imagine that you must be feeling of having lost someone so close to you. so I don't want to make too light of that, but I also want to introduce some more ideas for how to cope with something difficult. That we recognize that life does happen, and that food, especially unhealthy kind of comfort food has been a coping strategy; and we'd like to widen the menu on what you can access at that time. Does that make sense?
- Danielle: That makes sense.
- Stacey: So we already practiced a little bit, just in terms of what would be most nourishing to you and allowing others to give to you. And now, I want to turn to something kind of fun and playful. Let's just take a deep

breath, and if you could wiggle your butt on the chair—so sometimes when something happens that's really difficult and out of our control, we need to be BAD. And "BAD" is an acronym for "Break free from your routine", that's the "B", "A" is "Act naughty", and the "D" is "Do some fun, crazy stuff." I'm glad you're laughing! And I like to call this, "Rebellious inner child system". Because especially rebelling again from the world like, "Waah, I want it to be different! I want it to be different! We're so frustrated! I didn't want this to happen with my friend!"

There is a place in there of yes, I'm sure grief, and anger, and "I want it to be different!" So we need to have some mechanisms in place to rebel. Because part of those self-destructive behaviors is going to be, for some people it's like, something difficult happens and they start smoking cigarettes again. Some people binge eat. Some people will militant exercise. Some people won't eat at all, which you said you had a little pendulum swing of that like, no appetite, and then eating the wrong foods. Right? So we all have some self-destructive habits and we're wanting to rebel. And its rebel against someone else, which is not always in our control, but rebelling against ourselves is in our control. So it's a way of like, reclaiming control. But as a health-conscious adult, we may want to revise our strategy while still having the experience of being naughty. So, I'll give you an example, when I was in high school my mom told me not to eat French fries, and when we were in the cafeteria, there would be French fries, and she said "if you eat those French fries, you'll get fat." And I wanted to prove to her that I was a superhero and I could eat anything that I wanted, so I not only ate one container of French fries, I would eat two every single day. And guess what? Eventually I got kind of chubby and I didn't like that very much! So it wasn't a very favorable anti-authority, naughty strategy! And, it's really natural that we know inside of yourselves like, "don't do that, don't eat that!" and then we want to rebel that there is a push against.

So this feeling of you could imagine this situation of losing someone close to you, but we can also transfer this to any kind of time where you're wanting to rebel. Maybe it's that place where you talked about casually that you've been so good but now you get to have a little extra. There is kind of a rebellious quality to that, can you feel it?

Danielle: Mmm-hmm. Yes.

Stacey: What age does that behavior remind you of?

Danielle: Probably—younger, like five or six. Like, I didn't get that so now I get this!

Stacey: Yes, good. Now, we're always all of our ages, so sometimes we need to cater a little extra for that inner five-year-old. So today, that's exactly what we're going to do, we are going to create a list of things to be naughty, or be bad that is not actually destructive to your health. And we may even borrow from taking from your inner five-year-old. Now, let me give you an example of a couple of the ones I've got on my list.

I've got, some of these are going to seem super silly, but one is going to the movies an hour early but sneaking into the other theaters to watch the end of the other movies. And another one is wearing a wig, and making up a personality and introducing myself to a stranger. One of my other personal favorites is prank-calling your mom.

Danielle: I love doing that.

Stacey: There are certainly lots of other ones like going streaking naked on the beach, going skinny dipping in the ocean, or jumping in your neighbor's pool, something silly like that. So what might be something, and you can get creative here, like, that would cater to your inner five-year-old?

Danielle: Well definitely prank calling my mom, I think that is so much fun. She, she might not have the same opinion.

Stacey: Now, do you call and just hang up or do you call and say like, "did you order lo mein?"

Danielle: I usually have my friends call because I can't stop laughing, and then we'll be on a three-way call and I'll mute myself the whole time.

Stacey: So this is actually something you do!

Danielle: It is, and the last time I did it she called me five times about PayPal. So I had a friend of mine calling her pretending to be a PayPal representative and ask her if she ordered something really weird, and it was the funniest. And I mean, my mom is very New York, so she started screaming her head off, and it was just hilarious! So that's definitely a good one.

Stacey: That is hilarious!

Danielle: I like the, I love your put on a wig and have a personality change. I like to sometimes talk in an accent with friends, and just pretend that we're from another place.

Stacey: Yes! What kind of accent?

Danielle: Usually some kind of a British accent. I learned from my—

Stacey: We could talk like that right now...well, that's more Australian...

Danielle: Like, I learned from my Spice Girl days, where it was all about Girl Power!... and I would come up with crazy accents too.

Stacey: Yes, yes, and sometimes I would feel more intellectual you know, like my method would be more received if I had an accent.

- Danielle: Absolutely, and I noticed when I'm like, scrubbing the floors or doing some heavy housework, I switch to that like Cockney accent, where I'm like, "Oy! Got to get out this spot 'ere!" It's just really fun for me.
- Stacey: So, now can you try doing the accent with a comedy bit about wanting to eat something that's going to make you feel like crap?
- Danielle: Oh, I just want this spot of tea, but with so many biscuits, and I know if I had the biscuits, then my tummy is going to ache, and I won't feel good, and I just don't know what to do, and so I guess I'll just have the tea. And that may not mean any hanky-panky for later...I don't like to do that when my tummy feels funny. Oh no, absolutely not, I've got to reserve my tummy for my own cookie's pleasure!
- Stacey: There is something about just because you brought up these accents of being able to give theater and voice to temptations as wanting to derail. So there's, it's almost like, sacred theater, which is so up your alley. So this is a way of kind of being bad, or being naughty, non-edible form of nourishment, make sacred theater out of wanting to eat after you're already full, or honoring hunger and fullness pieces, or beating yourself up in the mirror, or you know, that inner critic voice. Any of those kinds of things that are sometimes, like, we're trying to build the muscle in those areas, I think that this is going to be extremely powerful for you.
- Danielle: Mmm...so it's to kind of put a voice on that inner voice?
- Stacey: Mmm-hmm. Yes! Accents or theater, and you can try with different voices. Because voices happens to be a big one for you—it's not the case with everyone, but this is one that we can probably make a list of like, five things, because you're a singer, you're a performer, voice is actually a big therapeutic tool for you that's going to help those parts of you that really want to hold onto the weight and you know—or that want to eat a fudge sundae or want to binge, or don't want to exercise, or do things that would bring about the results that you're wanting to get here. That this will be a playful way, instead of being like, "Danielle you know you should get to the kung-fu class!" say it like, "I didn't want to go to the class, but if I go to the class I will feel betta! And I do want to feel betta! (UNINTELLIGABLE)!" And then say you know, (UNINTELLIGABLE). And you get to make a choice out of those. It's a little bit of our neurosis coming out, but, sometimes the choice is going to be bad or to be naughty, but notice that these things we're talking about are very harmless. They're not—they're not self-destructive.
- Danielle: Mmm-hmm.
- Stacey: So making up a personality and introduce yourself to a stranger, prank calling your mom, putting on an accent, making sacred theater out of both our health promoting and health destroying habits... So let's get a few more. What else would be like, being naughty or bad?
- Danielle: Interpretive dance in the supermarket? We go to a market sometimes called "Fresh Market" and they have like, classical music playing all the

time, and I always have the urge to do an interpretive dance to a lot of the music they play, and I think I should do it!

Stacey: I love that. Okay! Anything else you can think of?

Danielle: I think dressing out in some of my more flamboyant clothes when I walk the dogs could be a naughty thing.

Stacey: Does that feel naughty?

Danielle: It does feel naughty because it's almost like, I should be covered totally almost incognito walking the dogs. We have a lot of neighbors and a lot of people around. And based on the—I think that it would spark a lot of conversation!

Stacey: Perfect. I love it. So that feels like a really good start, and I would love for you as an action step to share these with Nicole, or any of your friends, and brainstorm what else you would add. Just as a really fun, group exercise. What is naughty? Like, if you wanted to be bad what is something that is slightly naughty that caters to the inner five-year-old?

Danielle: I love that.

Stacey: So I wanted to give you another exercise, we'll do it really quick because I think it ties in perfectly. So this is the "Be Bad Menu" and I want to create the "Nourishment Menu". So before we get to that, I want you to imagine you're going to the refrigerator or cupboard for a snack, and there is no judgement here, I want you to simply get curious, so imagine filling in this statement, "I feel...(BLANK) because (BLANK). I want (BLANK)." So we call this an "I feel" statement. Don't worry, I'll read through that again. So you're going to the refrigerator or cupboard for a snack, imagine yourself doing that, and notice what is it you're feeling in that moment? And just fill in this sentence, "I feel (BLANK) because (BLANK)."

Danielle: Mmm-hmm.

Stacey: And obviously it won't always be the same, but if you could just pick one time imagining you're going to the cupboard. And let's try it like, you know it's 3 or 4 pm because that tends to be the time where we're most preoccupied by having a snack.

Danielle: Hmm, it would probably be something like, "I feel unfulfilled because I'm bored." Or something like that. I always go to the fridge when I'm bored.

Stacey: Great. now go to this sentence, "I want (BLANK)." Not the food you want, but what the food might do for you. So, "I want..." And then what is the experience you're looking for?

Danielle: Hmm... "I want attention because I feel alone."

- Stacey: Okay. Thank you. Now, let's find a way to get you what you want without self-destruction. So I wonder whether again, what are some non-edible nourishing ways to meet that emotional need? So "I feel unfulfilled because I'm bored, and I want attention." So this will be a little different from the naughty menu because these are specifically fulfilling cravings for pleasure, attention, connection, sweetness, and instead recognizing that you deserve to experience those things. You deserve to have that attention. So here's a few things that might be like, a deep conversation, you know. And we also want to have things that are practical, it's the middle of your day, so what are things that are also accessible to you or that we can make accessible knowing that at 3 or 4 pm, that is something that is happening regularly, how do we sets up your life that it naturally has attention and connection built in. does that make sense?
- Danielle: Mmm-hmm.
- Stacey: Like, part of what drains our energy and like, makes us make poor choices is that we don't have these things automated already built in. We have to think about them every day, so if you're already bored, unfulfilled and wanting attention right now, and it's not available to you, then we have to fill it with something else, quickly. So what would be a couple of things that would be on your Nourishment Menu that fills the need for attention?
- Danielle: I can connect with friends, either on the phone, or on social media?
- Stacey: Mmm-hmm. Is that fulfilling for you? some people social media is not fulfilling, so I just want to make sure, tune into the—of whether or not that ends up being a distraction that sort of is less satisfying. It gives the illusion of satisfying but there is a longing in it.
- Danielle: Right. I think phoning a friend would be better than stocking them on social media.
- Stacey: Okay!
- Danielle: Yes, or I could I like to send little love notes or cards to people, I could connect in that way. It wouldn't give me immediate attention, but it would give me some surprise attention later when they receive it and they weren't expecting it.
- Stacey: Yes, and you know what's beautiful about that? You can anticipate, so it does—anticipation, if you just tune into the anticipation and imagine that you've sent somebody a letter, and it's in the mail, and loading up anticipation and that any day now you're going to hear from them. Can you access that?
- Danielle: Mmm-hmm.

- Stacey: So another one that just came to mind, if I can make a suggestion for you, is since you love connecting with friends, and I know that you love music, certainly listening to music and, and singing can be nourishing for you but in terms of the connection piece of feeling connected to another human being is, can you feel into the heart of the one who wrote the song, or sang the song?
- Danielle: Mmm...
- Stacey: Sometimes there's a fulfillment and a direct connection with a friend, phoning a friend. And if for some reason that wasn't available, it wasn't accessible, no one was around, I want to make sure you have something on your nourishment menu that offers you connection, attention, that is not fully dependent on someone responding. Does that make sense?
- Danielle: Yes, I get that, for sure, I like that, feel into the heart of the one who wrote the song. And that's another thing I can do if I'm feeling bored. Like, write a song, or play my guitar.
- Stacey: Exactly! So write a song, and then what are some other things that help with boredom? There is something about boredom, especially when you're at work when you're recognizing that you're no longer being productive. There is a decision point like, "Am I going to keep trying to stare at the screen and get stuff done? Or am I going to nourish myself right now so I'm re-inspired?" So what are some things that if boredom is coming up that it's a sign to go take care of yourself or get inspired in some way? And it could be a massage, or yoga, or buying yourself flowers, or getting a pedicure, it can be anything. But what are some other things that boredom is like, "Oh, let me look at my nourishment menu!" because boredom is usually where we go to snacking and food. So I want to rewire that so you have more options on the menu of what to do when you're bored that would be more health promoting.
- Danielle: Yes, well definitely writing is big, writing a song, or just writing in general and playing my guitar. I enjoy reading.
- Stacey: Mmm-hmm.
- Danielle: And I always push it aside, so if I'm feeling bored at work, and I know that feeling you mentioned like, you don't feel like you're going to be productive anymore. But you stare at the screen hoping for information. And I really love to make little jewelry pieces, and to paint, and to create art in different forms.
- Stacey: Okay. So what I want you to do as action steps is that I want you to create art out of a Be Naughty menu, like, we've got a couple we came up with in a session and then you can brainstorm that with Nicole or another friends, so you make the menu, and you're going to make something beautiful out of that. Decorate it. and then the second menu is the Self-Nourishment Menu, which is answering the call of boredom, wanting attention, connection. These are all non-food related ways of

nourishing. So the first one, the Be Naughty is when you're feeling rebellious you need a way to rebel that is not self-destructive, and the second one is more of a nourishment. Does that make sense if they're a little bit different?

Danielle: Mmm-hmm.

Stacey: Great. So, I'd like you to come up with 10 for each menu. Put them on some pretty paper and decorate them, make a project out of it and this will go someplace where you see it all the time. So that feeling of when you're unfulfilled or when that feeling is coming up like, "I'm not really hungry but I'll eat because I'm bored," when that's coming up, and it's not related to actual hunger it's, "I'm wanting pleasure. I'm wanting rebellion." Then you have a menu to go look at. "Let me go look at my menus and see if there is something on there that would fulfill this need?" because we're actually kind of in that space already, it's kind of like the hunger scale, if you've already gotten to a 7 you don't have all of your decision making skills online anymore. You've moved into desperation. So I want to catch before that happens so it's great to have a menu you can look at, so trying to come up with ideas after you're already feeling that way, and be like, "Screw that I'm just going to go have a snack. I know how I'll be naughty! I'll go have a snack!"

Danielle: Yes.

Stacey: Any questions about that?

Danielle: No, no I'm really glad we're doing this today.

Stacey: Good. So how about something that let me look and see if there was anything else I wanted to do—okay those were the main things I wanted to do for action steps. Certainly I want you to continue with food and movement stuff that we've already been talking about. So let's complete with "Aha's!" and insights? Something that was useful for you in the session?

Danielle: Definitely that nourishment comes in all different forms. And how boredom can be not boring if you choose to make it that way. And I'm really happy that we had this playful session today. It felt really good to have that.

Stacey: Yes. Well, I love your naughty ideas. Just really fun, so thanks for playing with me. I think our five year olds would be friends.

Danielle: They would be, and they would talk in wacky English accents all over the place!

Stacey: I concur. Thank you Danielle, have a great day, I'll see you next time.

Danielle: Thanks Stacey.