

## Honoring where you are



**Trust that you are where you are for a reason ... rest a moment**

In *When Women Stop Hating Their Bodies*, Jane Hirschmann and Carol Munter point to the importance of not rushing yourself beyond where you are when they wrote:

***If you could tolerate being any thinner than you are right now, you would be that thin.***

After years of restricting food or dieting and not feeling good about where you are in this moment, the idea (thought) of speeding up this process might sound appealing. This is an opportunity for you to pause and re-examine this thought. Has moving quickly helped in the past? Remind yourself that re-learning how to eat instinctively takes time. Rewiring your brain involves many, many, many repetitions.

In his book *How to Be an Adult in Relationships: The Five Keys to Mindful Loving*, David Richo writes about heroes from literature that had times of "calm abiding" or inaction, e.g. *The Wizard of Oz* when Dorothy sleeps in the field of poppies. On this journey of recovery from emotional eating, there will be times when it is necessary for you to move more slowly or be still and trust that you are still growing.

The mind would have you focus on the externals: your appearance, the scale, your BMI; but behind the scenes, there is much more going on -- like every time you notice and question your thoughts instead of making a choice that is only helpful in the short term. Every time you eat when you are hungry and stop when your body says "enough." Every time you assert yourself or say "No." Every time you practice staying aware and present. Every time you don't yell at yourself but instead turn to

yourself with open arms. Every time you use a new coping behavior -- this is the growth that the scale cannot measure. Don't underestimate the necessity of the two or four steps back. They are a fundamental part of your growth!

**"Measuring yourself by anyone else's process, achievements or life circumstances is a violation of your own very tender delicate being. Remember, always, each of us has: Different lessons we're learning, different learning styles and different inner timetables for our own unfolding ... Your own way is always the best way for you -- Trust that." -- R. Posin**

Hirschmann, J. & Munter, C. (1995) *When Women Stop Hating Their Bodies*, New York: Ballantine Books

Posin, R., *For The Little Ones Inside ...* ([Click here](#) for Robyn's story, *Eating My Way Home*).

Richo, David (2002) *How to Be an Adult in Relationships: The Five Keys to Mindful Loving*, Boston, MA: Shambhala