



Corrine: Hello everybody and welcome back. Today, we're going to talk about when to start and stop eating. Plus, we're going to cover emotional hunger and physical hunger, which is ... I don't know why I find this topic so hilarious. I think it's because we bullshit so much when we do these podcasts. I feel like today we're like in class. Today's the day that Kathy Hartman's going to teach us something.

Kathy: Oh my goodness.

Corrine: But I'm letting her kind of drive ...

Kathy: Wacky broadcast.

Corrine: What was funny was we were sitting around, just chatting before we got started and making notes and stuff like that. She had this concept she wanted to talk about. She kept on and on. I said, "will you please quit talking about it to me. We should really be just recording, so don't say anything else. I want it to come out all natural so that everybody can be like, Oh my God, she's dropping the mike over there."

Kathy: Oh goodness.

Corrine: Yeah. Did you have a good week?

Kathy: I did. I had a great week. We tried somewhere new for dinner last night.

Corrine: How did that go?

Kathy: I think I've mentioned my son's getting married, so we're on the rehearsal dinner hunt.

Corrine: Speaking of, you texted me a picture and you said, I forget how you said it but it was something like, "Oh he must really love her." I thought, I'm glad now you have all this proof because it's an engagement picture. I'm like, he does love her.

Kathy: Yes he does. It's really kind of cute.

Corrine: It's a very sweet picture though.



- Kathy: You know, he's my youngest, so I don't know if you have multiple kids, sometimes you think about that youngest one is just going to stay youngest. Well, he's 25 years old and he's engaged and he really likes her. I think that dawning of awareness there, was kind of weird. He's going to be a husband.
- Corrine: That's hilarious. Looking at your face, she literally looks like, "Oh my God, my son's really going to get married." Even though she has one that has, what, two kids and a third on the way.
- Kathy: A third on the way, yeah.
- Corrine: If you don't know what reality is ...
- Kathy: We went to this new place last night. Let's just say my husband and I are beer and pizza kind of people. That's just us. We're laid back. We went to this place last night that we had to make a reservation to go to and dress up.
- Corrine: I read the drama in your journal about it.
- Kathy: We ended up spending a lot of money on dinner. We've established I'm a tightwad.
- Corrine: Exactly.
- Kathy: But it turned out okay. It was fun. I'm not sure it's the right place but it was neat to try something new. I busted through all that chatter about is this the right place and it's too fou fou and it's too expensive, and said, you know, we're just going to go anyway.
- Corrine: I don't care where you pick.
- Kathy: It was good. Thanks.
- Corrine: You know why?
- Kathy: Why?
- Corrine: Because I don't get to go.
- Kathy: We could assign you a job at the wedding.



Corrine: I don't want no job. I want to be at your table, at the wedding reception, getting hammered and embarrassing the fool right out of you. No, just kidding. I keep teasing her though. I keep saying, "Oh, we're going to dance and we're going to get rowdy. We're going to be that embarrassing table" and blah, blah, blah.

Kathy: I think you said, "Is there an open bar?"

Corrine: Yeah. And if there's not, we'll put drinks in our car. It ought to be good. Let's get down to it. I am excited for you though. I know that sending the baby off, you've always talked about this. He's your quiet one and all that kind of stuff.

Kathy: Yeah.

Corrine: It's a big, big thing. All right. Let's start with when to start and stop eating. In our tribe, we teach a concept about the hunger scale. I'm not going to get into all the details of the hunger scale because if you're one of my tribe members, you have all kinds of videos and lessons already at your disposal. Make sure, ladies ....

Kathy: You've heard a lot about it.

Corrine: Ladies, if you have not listened to your module one unit, then you need to get in there and go for it. Basically, we don't teach counting calories at P and P. What we do is we teach you how to listen to your body. We teach you a system to where you start eating when hunger starts and you stop eating when you're satisfied. We have a scale and we do all this kind of stuff. But it's really important. For me, I think so many women want to do the calories and want to do all this other stuff. It's like it disassociates you from your body. What I want you to do is actually start listening to our body. One of the reasons why we get over weight is we are spending a lot of time trying to escape our body, then we just add on the pounds, add on the pounds. We're escaping our emotions that are in our body. We're escaping the physical cues that are in our body. We start teaching you how to actually dial in.

That's a scary prospect for a lot of people. When they first start, they're like, "Oh my God, I'm am broken. Nothing works. I can't hear anything." What I want to tell you is, when you first start doing this work, that's very normal to think. All it is, is where you've spent so much time not listening. I always tell people, it's like you're deaf and somebody gave you a hearing aid. Momma, you got to turning up. You just got to turn your hearing aid up and eventually, you start hearing it again.



I guess what I want to start with is, when you start eating, it's when your getting those whispers. I think that's scary for a lot of people because they think when we're going to diet, ... I was doing this in that webinar. You have to get hangry. You do not have to get hangry. I think ...

Kathy: You have to stay hangry. You're dieting. You have stay hangry, right.

Corrine: Yeah, you have to be hungry all the time. I'm like no. That's bullshit. Don't even think about that. Especially if you've got a lot of weight to lose. I think that one of the most important things is to really start learning how to allow a little hungry. Most people that I come in contact with, myself included when I had a hundred pounds to lose, have not practiced ever getting hungry. We lose the full feeling so then we eat back to full. It's almost like riding around in a car with a full tank of gas, and the second you go 14 miles, you stop at the gas station and let it spill over a little bit.

Kathy: Yeah because you're afraid of running out of gas. That's what happens.

Corrine: Yeah. Every 14 miles, I'm going to take a break and I'm going to get some gas.

Kathy: Exactly.

Corrine: Right. That's how you get disassociated and you stop eating when you get satisfied. I think a lot of women, what they want to do, is they want to top the gas tank off or they need to just run it all out. I think diets and calories and meal plans and stuff have just ruined it for us. They've only taught us to don't listen to your body at all. I don't care if you are hungry, you don't have the calories for it. I don't care if you're full, you need to eat this many calories, or you need to eat this meal plan stuff. It's like really learning how to listen is uber, uber key.

Kathy: It's taking responsibility of your own body. Not giving that responsibility to a meal plan or an exercise plan or a trainer or something else. It's all you.



Corrine: Yeah, and you know that's a scary prospect for people and I just tell them, "Hey, it's the best thing you could ever do for yourself." One of the reasons why we love teaching this method too, is it goes everywhere with you. I can't tell you how many will tell me like, "Well, can start your program? I'm going on vacation." Yeah, you ought to do it because then you don't ever have to worry about counting calories on vacation. Your stomach and your brain, they're along for the ride no matter what. If you're going on vacation or trips or work things or whatever, when you really learn how to eat for your body, ... We don't teach. This is how I do it. We don't even teach them to change their food yet. People are always shocked when they first start. They're like, "What should I be eating?" I'm like, "What you normally eat." Right now, the only thing I want you thinking about is, when am I starting to get hungry and when am I satisfied. That is plenty of work for most people. Plenty.

And the more weight you lose, you can lose a lot of weight just doing that. This is what I think happens is that you get good at it. You start seeing results. You naturally want to start eating better. You start feeling better. You want to put better fuel in the tank.

Kathy: Yeah.

Corrine: So you move on to the next piece. I've explained the start and the stop. Intellectually, that sounds wonderful. If you think, if there was no emotions involved, we'd be okay, this is good. Stop when I'm starting to get satisfied and I'm going to start eating when I get a little hungry, but that's not the problem.

Kathy: What's so interesting to me is the emotional versus the physical side of when to start eating and when to stop. We talk about an awful lot about really evaluating, are you really hungry or do you just want something to eat? That's the emotional, physical side of hunger. I had a client in my one on one coaching program this week, talk about how she doesn't like to stop eating or doesn't know when to stop eating. I asked her why and she said, "I just love my food. I don't want to stop eating it."

Corrine: We teach our girls how to eat healthy and love it.

Kathy: Yeah.

Corrine: But that's a common thought. Your husband is one of them.



Kathy: Oh sure. Mr. Happy/Stormy. This particular client, it's not like she was loving hot fudge sundaes and didn't want to stop. She was loving good lean meats and green beans and whatever it was that she fixed that night, that was good healthy fuel food and didn't want to stop eating. So I talked to her about emotional versus physical fullness or satisfaction. We try and teach folks not to go directly to full, over stuffed. We don't want that heavy bowling ball feeling in our stomach because that we've eaten more than our body needs. But she didn't want to stop eating because she was loving her food. So I told her think about why you don't want to stop eating. Is it really because you're loving your food? Is it because you don't want to waste your food? Is it because you don't want to throw anything away?

Corrine: Right.

Kathy: What's that other side of it?

Corrine: Sometimes I think too because that sounds nice. Yeah, I'm eating so healthy now and I just love it, but I've noticed that I'm still eating too much. It's really figuring out why are you choosing to eat too much, healthy or not. Why do you want more? I think sometimes what happens is that we tell ourselves, but it's healthy.

Kathy: Right.

Corrine: And that's one. I think wasting food is huge for a lot of people. I have forever been a member of the clean plate club. I think I might have been the founding president. Seriously. It has been the work of my life. I still fall into it. I noticed myself. I had years of where we were just broke and we always over ate for fear of when the next meal was coming. I finally drop all that bullshit. Then I go into food prepping, and the years that I would prep food, yeah, but that's how much I allowed on Sunday. I know on Thursday, if I'm going to be satisfied or not on this. There's just like all these multiple layers of where your brain can go array, but I think for some people when they are just truly loving the food and stuff, I wonder sometimes. You're having this experience. You're loving the taste. You're enjoying it but if you stop, what's after that?

Kathy: Right.

Corrine: Is there something waiting on you like loneliness, got to get back to work, got to get back to dealing with my kids, my husband, like life. Life is after the last bite. I think for a lot of people, it's looking at that piece on the emotional side. When you're hesitant to stop, whether it's good for you or not good for you, on that emotional piece, say what is it that I'm going to do next and do I love that? If I don't, why? That's your emotional eating problem right there.



Kathy: Sometimes, it's distracted eating.

Corrine: Oh my God, yeah.

Kathy: Sometimes, it's there's all this food here and I'm going to eat it while I watch TV, or while I'm talking to my family or something like that too. Because if you end the meal, does that mean the interaction stops?

Corrine: Right.

Kathy: A lot of people will associate how long they eat with how long they get with their kids, for instance. How long we have at the table together.

Corrine: Yeah. So they keep eating to extend that when ...

Kathy: Exactly.

Corrine: Those are the things that, I think one, separates our program from everybody else in the world. Just saying ladies. I think that's one of the key things that I notice when we're working with our clients, our people, on losing weight. It's so much more than the meal plan and the calories. We don't even do those things. We teach you how to plan but what really is going to be a game changer for everyone is always being willing to figure out why am I eating. If you are ever eating outside of what your body needs, there is a problem. Some kind of problem. It may not be deep rooted, terrible, long term damage problems, but there's some problem. Like, you don't know how to connect with your kids outside of that meal. That's not a mega problem but it's one that you're probably not even aware of that's happening right now. Or even your husband.

I think just going personal here, I have been working and Kathy is my coach. I always tell people, if Michael Jordan needed a coach, I know Corrine does. Kathy coaches me a lot. When I need somebody to tell me stuff and see it from a different level, I usually call her. One of the things that has been huge for me is understanding. Because my joy comes with wine. That's the one when I want to have my pleasure. If I'm going to plan my joy, that's what I want to have. It was a lot of work for me to understand that I was totally associating. Time with Chris was sitting and having drinks. I figured out what my thought was. If we don't drink, all we'll do is work. If we don't drink, we won't have time together.

Kathy: You actually called it your connection time. You had to drink with Chris to be connected.



Corrine: It was like a fact. Yeah. I had made that a total this is how we do it. You can't argue. Oh yeah, Judge Judy would believe this one.

Kathy: You argued with me about it.

Corrine: Oh yeah. But it takes forever to really see sometimes. But you have to be willing to look at it. I think that's what we're talking about here. When it comes to the emotional side of hunger, you got to be willing. If you want to fix your weight and you want to fix it, the very first thing you have to be willing to do is to figure out what is broken. Most people don't want to do that. They don't want to see that stuff because once they see it, they can't turn it off.

Kathy: That's right.

Corrine: We were talking before. We were just talking about our own personal lives. We were talking about this whole concept. It's called awareness. It's like the light switch gets flipped on of all the shit that you do that's not working, basically. Once the light's on, it's like it's a 40 year bulb. It's not going to go out. You're seeing it everywhere and it feels terrible. All of a sudden you're like, "Oh my God. Seriously. I have been thinking this. No wonder I'm over weight. No wonder my job sucks. No wonder whatever. My relationships are terrible." But one of the things I wanted to tell you guys, that I think is key, is sit in it, let it be terrible, but don't judge yourself over it.

Kathy: Oh that's so big.

Corrine: That's where we want to go first. We want to say, I can't believe I'm so broken because I'm having all these terrible thoughts or whatever. Then we stew out in that. But if you sit there and you decide there's something wrong with you, you will go back to the behavior. That is the quickest way to start over eating again. Is to make it mean that you are a failure. I just tell people all the time, when you find out whatever your emotional triggers are, be willing to just look at it and just be like, "I don't have time for a shame game. All I've got is time to look at it, see all the places that it's not working", and then when you're not busy shaming yourself, to me that's almost like a distraction tool anyway, because it's preventing you from doing the work you need to do to fix it. When you don't do that, then you allow yourself to be like, "All right, I really see this isn't working. Now I crave something better."

Kathy: Right.



- Corrine: And you go into changing it from a place of I want to change this, not I have to. I'm scared I won't change. All the shitty feelings. We talk about this all the time. The only way to get a positive result is to have a positive feeling. If you want to change, it's got to come from a place of positivity. You've got to want it. You've got to desire it. You've got to be committed to it. You've got to be willing to feel anything in order to get it. I think that's just huge. It's just such a simple concept. Getting a little hungry and stopping when you're satisfied. But this is where the work is.
- Kathy: Yes. Sometimes I'll point this out too. And here's your little P and P advertisement. Sometimes you really have to have someone else show it to you.
- Corrine: Oh my God yes.
- Kathy: You can sit in that mire of muck all day long and not realize that you're sitting there.
- Corrine: Right.
- Kathy: Until somebody comes up to you like my husband does to me. You know that's a thought and you're like, shut up.
- Corrine: Exactly. But you know it's very true because a lot of people have just ... It's like me and the whole idea of this is how we connect. This is what we do. We enjoy it. It becomes so ingrained in you that you don't realize you're choosing it. You just think this is the way it is.
- Kathy: That's your habit thought.
- Corrine: If you think you're too fat to stop eating. Or you think you are too ... What is some of the bullshit we say to ourselves? I'm too broken, so I can't lose weight. We literally start telling ourselves this so much that it feels like it's actually real. That's why it is important sometimes, where you got to have somebody to look at it and help you break that shit up. That's the beauty of this podcast. I think for a lot of you out there, you won't need a Kathy and a Corrine. You just need us in a podcast. You'll hear this and you'll be like, that's me and now I can do some work. You never know how much awareness you're going to need. But anyway.



So, let's do the physical side. We talked about how do you identify the emotional. On the other end too guys, I just want to say, there's emotional pain that comes along with the allowing yourself to get hungry. So many of our girls will say, "Oh my God Corrine, if I get hungry, that just means I will over eat." Like it's a given.

Kathy: There's a fact.

Corrine: No, you don't have too but I guarantee you, if you keep repeating the story, when I get hungry I overeat, hey guess what, you don't every allow yourself to get hungry and you don't lose weight. Boom. Y'all just be really careful about what you're thinking and what you're saying out loud. How many of our girls say that out loud all the time?

Kathy: Oh I hear it several times a week. I hear it a lot. I can't let myself ...

Corrine: I hear friends say it to me. I'm like, watch what you say out loud. Y'all, if there is a golden moment, this is the one. The words you say out loud, it is like your brain just heard it one thousand times. If you're sitting there and you look in the mirror and you say bullshit to yourself out loud. If your husband wants you to go some place and you're like, "Oh no, I'm too fat to go there." I know we keep talking about one of the other podcasts. If you haven't listened to the I'm Too Fat episode, go back and listen to it. But seriously, watch what you say out loud because it's bad enough when those thoughts are running around in your head. They're doing enough damage. Verbally, they're going to kill you. That's why we have our girls, when they're working on changing their thoughts. We make them say that shit out loud. You need to hear it. You don't need to just repeat it in your head, you need to practice it verbally, so it can take root.

People who are listening to this podcast have probably, what I call, suffered with their weight all their life. It feels like a suffrage. I know when I was over weight it felt very suffering. If it's been long term for you, you've been saying this for so long, you need to speed the work up. The best way to speed up changing how you think and believe about yourself is just start saying things out loud. So, golden moment for everyone.

Kathy: My go to thought was I can't let myself get too hungry. I said that one all the time. I better get a snack because I can't let myself get too hungry.

Corrine: Right.

Kathy: I better go ahead and eat because ...



Corrine: I know. We do it. We say it out loud and we say shit and then next thing you know, we're believing it. There's also just the physical side. What we wanted to really cover was the distraction eating. Distractions and the things you can do. I think you guys can handle hunger. I want you to start telling yourself I can handle being a little hungry. Just get a little hungry though. Don't get concerned with, I need to be eating the carpet. Just get to where you just slightly hungry. Practice allowing that a little bit. The big piece is not over filling yourself. I think that's probably where just watching our girls, that's always the harder end. It's really easy to get somebody to understand hunger. You just say, "Hey, you're going to skip breakfast today. Let's see how that goes." They're like, "Oh wow, now I know what hunger feels like. I've just not skipped breakfast in a long time."

But when it comes to the physical side of knowing when you're satisfied, you had awesome tips, so give us ... is it Gail?

Kathy: Yeah, Gail.

Corrine: Gail, you're getting a shot out. Kathy's been bragging on your butt.

Kathy: When Gail's at a restaurant, when she thinks she approaching her satisfied level of fullness, not too full, she gets up and goes to the bathroom. She separates, physically separates herself from the table, in order to evaluate and give herself time. Because when you eat, it takes a minute for it to leave your mouth and hit your stomach. A lot of times people will stop when they think they're satisfied and end up over full. What Gail does, she stops when she sees satisfied coming up, and gets up and physically removes herself from the table. I thought that was just genius.

Corrine: I think it's just genius too. Actually I've never heard it. This is a new tip for me. I think that's excellent.

Kathy: Look at you Gail. A new tip for the queen.

Corrine: We're going to have to give her a call or something. One of the other ones that I know that, I don't remember who in our tribe does this, but we've talked about it for a long time. Especially when they eat out, they look at their plate and they decide ahead of time, this is all I'm going to eat. I'm eating this much, whether it's half, three quarters or whatever. When they're first learning how to stop, I tell people all the time, even if you're not good at figuring out your satisfied level, what if we just start practicing leaving food behind? Because for a lot of people leaving food behind is a huge issue. The only way to get comfortable with it, is to actually start doing it. People are like, "How do you do that?" I'm like, "I don't know, Sherlock. Let's just leave some behind and deal with it."



They decide ahead of time. My food's coming out. I've ate here before. I know what the portions are. I'm going to leave three quarters. I challenge you guys not to wrap that crap up and take it home. I think that eventually you can take home to go stuff, but if your issue is leaving food behind and wasting it, the only way that you're going to know that you're not going to die or get pregnant, is by allowing the restaurant to take your scraps. You just got to do it a few times. After a few times, then all of a sudden, you will realize that was something you've just been doing for a long time. You can start bringing it home in a to go box and enjoy it the next day.

You want to break the habit and the habit thought and belief that somehow you not eating it all, means you have wasted food. What is you always say? I can waste it in the trash can or I can wear it on my ass.

Kathy: Yeah. I actually asked somebody in our group that the other day. If you're going to over eat that, just decide now where you want to put it on your body. Hips, belly, arms, where is it going?

Corrine: Exactly. I don't think people think of it that way. If you don't need the food ... Somebody in our new group the other day was talking about ... They pulled out the starving kids in Africa. I've heard that all my life and blah, blah, blah. I said, "Aren't you glad that you over ate, because I bet that all those kids that are starving around the world now feel better." She's like, "I never really thought about it like that." I said, "Yeah, we don't help other people by stuffing ourself. That's like such bullshit. It doesn't matter that you heard it all your life." I love it when people tell me all the things that happened in their childhood and that explains why I eat the way I do today. Oh it's my childhood's fault. No, it's your fault today. You're making choices now. I had a terrible childhood when it came to food. We're all over weight. We all ate buffets and stuff.

Allowing myself to think, well, if only ... This must be why ... It kept me from stopping when I was satisfied today.

Kathy: An easy way to put responsibility on something else and not take responsibility for yourself.

Corrine: This is a thing. Before I would ever say, seriously y'all, if you were sitting around thinking about your childhood and about what you learned and your eating habits and all this other stuff. You cannot even allow yourself to think that's why I did it today. No, that was why my past. The reason I over ate today was because I chose to.

Kathy: That's right. That's exactly right.



Corrine: That is the bottom line. For a lot of you, you just need to practice saying that. I swear on my step bench that I'm standing on.

Kathy: So you can see over your cage.

Corrine: Right. So I can see over my cage. But seriously, if you guys will just start saying the truth to yourself, the reason why I over ate was because I chose to and stop there. That is the reality. When you allow yourself to think anything else outside of that, you are now minimizing the damage. You are like saying, "Oh it's that fault. It's this that and the other." Your brain will get really used to you owning it. When you start really owning it, you will want to start changing it.

Kathy: That creates the awareness that we're looking for.

Corrine: Yeah. When you say, I chose to over ate, that means you were in control. You may not love that you did it but you have a sense of ownership. You start feeling the ownership. When you say I over ate because my Momma taught me that starving kids in Africa were blah, blah, blah, you've now said, that's out of my control. If my past would change, well then I wouldn't over eat anymore. Well honey, your past ain't every going to change until you change it. You're the only one that can change it by saying, that's what happened, it's over and done with, now I know better.

Kathy: Yeah. The past is the past. It's all facts. Not a whole lot of that you have an effect today. It's that story you tell yourself about what happened in the past and how it's affecting today. That's what you change.

Corrine: Yeah. Everyone of you should feel this way too. Thank God for me being over weight all those years. For me eating in drive thrus, not learning how to cook, always learning that you eat all you can, you're supposed to over fill yourself. Had that never happened, there would be no podcasts. Kathy probably wouldn't have lost eighty pounds. Seriously, but that's the way I look at it. There's probably some of you sitting in your car right now, who have this same up bringing that I did. But you're in the blame stage. You think that past of yours is the reason why you are today. It is the reason that you are today. You get to decide what that reason is. You get to decide what is going to make you great or what is going to break you. I just decided a long time ago, my past, it has to be the record of what makes me the best version of who I am today. I have to look back at it and be here's all the reasons why I'm able to do the things I'm able to do today. Not get caught up in the shit.

Kathy: I tell people that every single thing they experienced every day of their past, is what created what they are today.



Corrine: Yeah. I know we have a lot of people that have some pretty broken pasts, that listen. I have worked with clients that have had horrible things happen to them. They are doing amazing things today, because it never defines them. They are their own definition. Be careful what definition you decide to write.

Anything else you want to cover on this, Missy. This was your topic.

Kathy: Yeah. It kind of went in a lot of different directions but it was really cool. I liked it.

Corrine: That's why I said let's not practice this shit. Let's just get on here, free ball.

Kathy: I think the biggest thing for me honestly, is really paying attention to when you're body needs to stop eating. When you need to stop feeding your body, because that's the biggest thing about losing weight, is stopping the over eating.

Corrine: Yeah.

Kathy: Whatever you can do to figure out where you are, is what you need to do.

Corrine: I totally agree. I think that's why the stuff that we talk about on this podcast, is so important, because over eating is more than just eating too many calories. It's not about that. It's all about the stuff we think about and junk.

I think this was a good one. I really enjoyed this podcast today. All right girls, we will talk to you soon. Y'all have a great week. Bye bye.

I hope you enjoyed today's show. I'd love to help you with your weight loss too. Come on over to P and P Tribe Show.com. That's P as in Paul, N as in Now, and P as in Paul, tribe show.com. You'll find a free course that is sure to give you more tips and things you can do, starting today, to lose weight. I'm on a mission to make sure every woman has what they need to change their life, just like me.