

How to Escape the Weight Loss Comparison Trap

INTRO

Hey friend! Welcome to *The Diet Haters Podcast*. I'm your host Sundi Jo, loser of 145 lbs., who's passionate about helping you to learn how to stop dieting, find lasting weight loss results, and learn your true identity in Christ.

I want to ask you a question and I really want you to stop and think about it. Seriously, I know we're only like five seconds into this podcast, but if you need to pause for a minute, that's okay. I want you to really think about this question...

When is the last time you let shame or comparison stop you from doing something?

The other day someone reached out to me about this very thing and I knew that she wasn't the only one who's struggled with it, because I've found myself there, too. So... I thought.. Ya, let's talk about that on the podcast.

We're gonna talk about the comparison trap and how shame disguises itself as our friend, but is really our enemy.

First, though, I just want to say thanks for joining me here at *The Diet Haters Podcast*. Thanks for taking time out of your schedule to allow me to share what I know with you, and for making time for us to learn and grow together. And I also want to thank you if you've shared my podcast with your friends. Every time you share an episode or just *The Diet Haters Podcast* as a whole with someone else, you're helping to change the lives around you, and I'm so grateful for that. So thank you so much.

Okay.. so now that I've said all that, let's dive in.

DISCUSSION

So my new friend reached out to me and said that she was struggling with comparing herself to others when it came to weight loss. She'd been in a Facebook weight loss group and though she was so excited for the other ladies losing weight, she was really struggling.

She'd watch their progress and start believing lies like, *"I'm not doing what she's doing so I must be doing something wrong. She's seeing results and I'm not, so I must be a failure. She has more drive than I do, so I might as well just quit."*

Those are just a few of the lies the stupid enemy was feeding her, and she was scooping them up like double chocolate chip ice cream.

She wanted to just give up and leave the Facebook group because she just didn't feel worthy enough to be part of it, to be surrounded by other women who were encouraging her on her journey. That's what the enemy would love for us to do, right? Just throw in the towel, give up, and be done.

I don't know about you, but I'm definitely guilty of comparing myself to others, not just in weight loss, but in other areas of life. *Oh.. she's lost more weight than me, I'm probably doing something wrong. Oh.. she has more Instagram followers than me. Why would I even try to produce content. Oh.. she lives in a bigger house than me. There's no way we can truly be friends.*

I like to call this the comparison trap, because that's exactly what it is, a trap. It's a trap set up to slowly lure us into the cage until we finally believe so many lies being thrown our way, that we walk into the cage and surrender to shame.

But we don't have to do that, my friend. We don't have to continue comparing ourselves to others. We can let our journey be our journey, if we're willing.

And I want to reiterate that your journey is just that.. **Your journey.** No one else's. It's not your friend's journey. It's not your kids' journey. It's not your parents' journey. It's not your husband or boyfriend's journey. **It's your journey.** And until you let that sync in, you're going to keep running away with your tail tucked between your legs.

When I finally decided to lose weight, and I mean really decided I wanted to get healthy this time, I stopped waiting for anyone else. I stopped waiting for others to cheer me on. I stopped waiting for my best friend to go walking with me.

Because I knew that if I was going to do this thing this time, I was going to have to do it for me. I was going to have to focus on me. And I don't mean in a selfish way, like "I don't care about anyone else," but in a "If I don't focus on myself in this season of life, I'm never going to make progress."

PROMO - 2B MINDSET

Hey friend. I want to interrupt really quickly to talk to you about mindsets. Specifically our mindsets when it comes to food. That's been something I've really had to focus on during the

healing process of my recent surgery recovery - my mindset about using nutrition to heal my body.

And I've been able to do that with the help of one of my favorite nutrition programs, the 2B Mindset.

Founded by Ilana Muhlstein, who lost 100 lbs. herself, the [2B Mindset program](#) is about just that, learning how to create an incredibly powerful mindset that will allow you to lose weight happily and keep it off for good.

There are no prescribed meal plans. No focusing on foods you **must** cut out. Instead, it allows you to focus on everything you CAN have, so you're the one in control.

God created you to live an amazing life, my friend, and now is the time to start taking back what the enemy has tried to steal from you and start living fully.

The 2B Mindset program offers simple guiding principles, tips, tools, and strategies that she and hundreds of other clients, including myself, have used to lose weight and keep it off.

Everything about the 2B Mindset is sensible and—best of all—it's sustainable, so you'll not only know how to lose the weight, you'll discover how to keep it off.

If you're interested in learning more, I'd love to walk alongside you through this program and help you to stop dieting and start living life to the fullest today. You can learn more at sundijo.com/2bmindset.

Okay.. now, let's get back to the four signs that you may be emotionally eating.

DISCUSSION CONTINUED

And let me just say this to you, my friend. It is not selfish to put yourself first. If you don't take care of yourself, you will be incapable of taking care of anyone else. It's like the whole airline thing. If that plane is crashing, you're supposed to put the oxygen mask on so you can then be coherent enough to help others.

The same goes with your weight loss journey, my friend. It is time for you to put that oxygen mask on and take care of **YOU** if you're going to be there for your family the way you really need to be.

So, my friend was looking at the progress of others and thinking, “Well, she’s got it all figured out and apparently I don’t. I should just quit.” She wanted to just quit instead of sitting down and processing through why she was really thinking and feeling these things.

And that’s what shame does, right? Gets us in a cycle. *She’s better than me. I can’t do these things. I’ll never lose weight. I’ll always be fat. I’ll always be a loser. If I don’t beat myself up, then am I even human?*

Shame is a liar.

Here’s what I told my friend and here’s what I’m preaching to myself and you. We can’t keep running from the hard things. We can’t keep allowing shame to control us. We can’t continue convincing ourselves that beating ourselves up is what is going to bring lasting change.

This is why I constantly say, We **have** to get to the root of the issue if we’re truly going to find freedom and see lasting results.

We have to change the way we talk to ourselves. We have to change the way we see ourselves. We have to replace the lies with God’s truth. We **have to get to the root and allow Jesus to heal the broken places** that caused us to be in this situation in the first place.

When we know who we are in Christ, our decisions reflect that. When we don’t know who we are in Christ, our decisions reflect that.

When we don’t know our identity in Christ, we compare. We shame ourselves. We punish ourselves. We quit.

But, my friend, we are not quitters. I want you to say that outloud right now, I don’t care where you are. **“I am NOT a quitter!”**

Listen, don’t isolate yourself from others because you’re getting stuck in the comparison trap. Step back, get quiet with the Lord, ask Him to show you why you’re comparing, why you really want to quit. Listen to the truths He’s giving you and stand up boldly and proclaim those truths.

You, my friend, are in charge of your freedom. No one else.

Listen, this is one of the things we’re going to dive deeper into when I open enrollment for my membership course, *Diet Haters University*. And we’re going to do it in a private, safe place where we can be real with one another.

If you want to get on the waiting list to be the first to be notified when enrollment opens, you can sign up at diethatersuniversity.com. I'll also share the link in the show notes.

DIET HATERS FACEBOOK GROUP

If you're looking for some extra encouragement on your weight loss journey, I'd love for you to join me over in my free, private Facebook Diet Haters community. We're doing life together over there, sharing our wins, talking about our struggles, learning healthy coping mechanisms, sharing recipes, and even some laughter along the way.

I'll share the link in the show notes or you can search Diet Haters on Facebook.

PODCAST SHARING

And again, if you'd be so kind to share this episode with someone you know would find it valuable, I would greatly appreciate it. You can leave a review or a rating, which you can now do on Spotify, too, by the way.

CLOSING

Alright, friend, that's it for me today. I'll see you in the next episode of the *Diet Haters Podcast*.

And don't forget.. You. Are. Valuable.

LINKS:

[2B Mindest](#)

[Diet Haters University](#)

[Diet Haters Facebook Group](#)