



- Corinne : Hey, everybody. Welcome back to our podcast. We are going to talk today about the shoulds. This is such a hot topic, I swear to God. We have a coach who works with Kathy and I, Coach Kathleen and she's always telling people, "You should never should on yourself". Like, nothing ever, like nothing good ever happens when you're shoulding on yourself and so, we always joke about it because we say things like so and so should be more supportive or you know they should act this way. What are some of the other good shoulds? Oh, the scale should have moved this week.
- Kathy : Oh, yeah. The scale.
- Corinne : That's a big should on yourself right there, but anyway we say all kinds of stuff. So, that's what we're going to talk about today and Kathy, did you have a good week?
- Kathy : Yes? I did. I did. I'm coming off a solo food prep weekend, which is kind of cool. My husband is out of town. So, I have, I did my food prep and it's all for me.
- Corinne : Yeah.
- Kathy : You know, it's all the stuff I love and when I go home tonight I get to just heat up my dinner, sit down in front of the television and I get to control the remote. I get to go to bed when I want to go to bed. I mean, it's, it's wow.
- Corinne : You're just really going to let your hair down tonight, aren't you?
- Kathy : I am. It's going to be, it's going to be a big night at the Hartman house, I tell you.
- Corinne : Well I had a good day. Today was waxing day and I get, for all of you who don't know I get waxed from head to toe practically. It's a two hour process. I lay there for two stinking hours getting waxed but my girl's nice. We joke around a lot, which is always comforting as she's ripping things from regions that shouldn't be ripped. Then I went and got Botox, which is even better. I was joking around with Coach Jane in Tex and I said, "Well", because I'm going to see her at the end of the week. She lives in Albuquerque. We finally get to go and spend a week together doing some personal development and I was like, "Girl, I'm going to be all frozen and smooth for you." I think I do more primping when I'm going to see Jane than I do when I see Chris sometimes.



So, let's talk about the shoulds. Kathy's going to read us a little example that we pulled straight from the PNPTribe.

Kathy :            Yeah.

Corinne :         I think something, well, we'll just talk about it when she's done reading it.

Kathy :            Yeah. So, we have a client who said this; She's talking about her husband and she said, "He started asking about a pile of clothes in the corner of our bedroom and what they were there for. I told him that they were all dress clothes that were too big and that I was giving them away. To which, his response was, "What are you going to do when you gain the weight back?" Drop the mike.

Corinne :         Yep.

Kathy :            And then she told him, "Thanks so much for your support".

Corinne :         Mm-hmm (affirmative). So, here's, first of all, this client, she has lost well over 50 pounds now and she's been doing great. If she's listening, I just want to make sure that she understands that we really appreciate her and all her hard work, but I think a lot of women who are listening to this podcast right now are going, "Oh my god! She should just beat him up and down."

Kathy :            "What an ass!"

Corinne :         Yeah. Exactly. He's an asshole and we all know it and we agree that this is a fact, but here's the thing. All of us kind of have a big ass book of rules, where we're just like, "This is the way people should act. If people just acted this way, the world would be a better place. I'd be happier. I'd be thin. Nothing bad would ever happen and my happiness bucket would just stay so full."

Kathy :            Happiness bucket.

Corinne :         Yeah. But we put our happiness in everybody else's hands. And here's the funny thing. We have all these like, "No, they should do this and they should that and blah, blah, blah." We rarely tell people this is how they should be acting.

Kathy :            Yeah. We write the script, but we don't let anyone read it.



- Corinne : Yeah. Nobody gets to read it, but they get to break those rules all the time and just piss us off like-
- Kathy : And we get to be mad.
- Corinne : Yeah. And then we're justified in our anger.
- Kathy : Justified.
- Corinne : Yeah. I always tell the clients, I'm like, "Girl, any time that you have the feeling of justified pop up, watch out. Something terrible's going on in you."
- Kathy : Yes. Yes.
- Corinne : It's never a good thing. So, we have things like people should say this. They shouldn't do that. Blah. Blah. Blah. Blah. Here's the thing, I think that when you have a list of rules, that you have ... What I want everybody to really understand is there's nothing wrong with expecting common decency and things like that, but in this case, I don't think the problem is the husband at all. Y'all are going to be like, "All right. Explain this one to me." First of all, we always have ... When we start doing good, essentially, we think the rest of the world is caught up to the way our brain is thinking. Our brain is like, "Look at me. I'm on a roll. I'm learning all this new shit. I'm losing weight. This is wonderful. Blah. Blah. Blah." And we think the world doesn't remember the times we did gain weight back and stuff. I have had people ask me innocently, "Has it been hard to keep it off, because so many times you've gained your weight back?" And it's like, "No, not really." And the reason why it's different for me, I think, is because I've done so much work on owning the fact that I'm very confident in my weight loss.
- I think in this case, I think what really came up for our chick, this is just me guessing, is that she doesn't quite believe yet. So, when her husband said ... And this is the mirror. This is so the mirror. So, here's what-
- Kathy : That what I was thinking. It's the mirror.
- Corinne : Yeah. Explain the mirror. Just explain the mirror real quick.
- Kathy : Oh my gosh. You see something in someone else that you don't like about yourself.
- Corinne : Yes. So, the husband says ... What did he say? Was his exact words?



- Kathy : Oh, "What are you going to do when you gain that weight back?"
- Corinne : If something flares you up and is like, "Well, thanks for the support." Or something, it's because you probably have an underlying belief of like, "Is this for real? Am I going to be able to keep this up?"
- Kathy : You just vocalized what her biggest fear was.
- Corinne : Right.
- Kathy : Yeah.
- Corinne : And so, here's what I say, rather than getting pissed off at the husband over that comment, you do your own work. That's when you're like, "Okay. If I'm so mad about this, why am I so mad?" Because he's just asking a question. You get to ... He may actually be like, "I don't believe a damn thing you're doing." Like, "I think you're a loser and you're never" That could be running through his head, but it's so irrelevant.
- Kathy : He could also be thinking he's no drama. Well, so what? If you gain the weight back, what are you going to do? He could just ... It could just be a simple guy thought.
- Corinne : It was ... Exactly. I mean it could be anything, but what's happening is that ... I think what we do is we start looking ... When we're losing weight, we so bad want the rest of the world to do all the validating for us. We need the scale to tell us we're doing good each week. We need other people to give us compliments. I can't tell you how many people have told me, "I've lost 20 pounds and nobody's commented." And then they feel terrible. I'm like, "You've lost 20 pounds and you're choosing to feel terrible?"
- Kathy : Yeah.
- Corinne : "Because nobody else has said something to you?" I want y'all to let that sink in for a hot second. You're choosing to feel terrible because nobody else has taken the time to tell you what you need to be telling yourself every fucking day. If you're proud of yourself and you're in a practice of reminding yourself constantly all that you're doing right, people can throw shade at you all day long and it will not matter. Not at all. Her husband can sit there and say, "What are you going to do when you gain the weight back?" If she really believes she's not going to gain the weight back, she can be like, "Well, I can tell you one thing, you don't know me. I don't plan to gain the weight back." That can be just as simple as that.



I was telling Kathy a story before we even got started, what was I talking about with Chris, when I say? I was asking about, a lot of times I'll ask him like, "How do I look and stuff?" I know better. I should never ask him ... If I just want to hear a compliment, I need to just say, "This looks great on me, right?"

Kathy : Or here, "I need you to say this when I say that."

Corinne : Yeah.

Kathy : Just spell it out.

Corinne : Right. I just want to hear how pretty I am. That's all I really want to hear. Rather than sitting there going, "Do you think this outfit looks okay?" And then letting him step into the minefield, because my husband's honest. He will say something like, "Well, I don't know. I don't know if those colors really play together. It doesn't really accentuate thing" ... He is like freaking diva. The man owns so many clothes. What I'll do ... I could easily ... This is what happens when you have the shoulds. He should just love everything I have on. He should always say, "You look nice." We have a lot of clients who are like that, because they don't really believe that they ... They don't tell themselves that stuff enough.

Kathy : Yeah.

Corinne : They're really ... When I ask him ... It's just asking and he'll ... Sometimes I'll really love my outfit and I'll just throw it out there like, "What do you think of this?" And he'll go like, "Hmm, I don't know." And I'll go like, "Well, you're blind. This looks good. This is what I'm wearing, so buck up buttercup." It doesn't bother me. I'm confident enough to say to him straight ... This is not because I'm a confident person. I think people get this so screwed up all the time. They think people that, like me, who just ... If you were to tell me, like, "Corinne, you just don't look good." Or something. I'd just be like, "What?" It would be a shock to me, because I sit around and I rehearse positive thoughts about myself.

Kathy : You practice them.

Corinne : All the time.

Kathy : And that's what you should do. That's how you gain self validation.

Corinne : It's the only time you should should on yourself.



Kathy :            Yeah.

Corinne :        And it's true. I was telling ... I was doing a live the other day. I was talking to everybody and just saying, "When I wake up in the morning. It is not natural for me for the first thought to be positive about my body or about my life." I don't know how many of you know, but I suffered from depression pretty extensively through my teens and stuff and I've had to really work on telling my mind where to go every day. It's easy for it to be looking for what's wrong and just, I don't know, I can just sit around and beat myself up just as easy as anybody else can, but the difference is that I don't allow it anymore. I just ... the reason I don't is because I really realized that there's no positive benefit to it.

I don't care if your brain wants to go there every day. Sitting around and telling yourself that you might not be able to keep this weight off. This is only going to last for so long. I wonder when the bottom's going to fall out? Or everything's changing except this body part. All that kind of stuff, it never has an up side and yet we want to just keep doing it over and over again. I always challenge people to be like, "You know what? You have to start doing it yourself. You've got to start just being very aware of that internal dialogue you have all the time." And then you have to get into ... It's more important than your food journal, to get a wrangle on what you're thinking about yourself. What you-

Kathy :            It's almost like a self-fulfilling prophecy, too.

Corinne :        It is.

Kathy :            If that's what you focus on, is how bad you feel about yourself, guess what? You're going to keep feeling bad about yourself.

Corinne :        Right. It's just like when you're, if you're dieting and your fear is that you're going to gain the weight back one day, because you always have. How many times have we talked to our girls about, "Do not look to your past for evidence."

Kathy :            Yeah.

Corinne :        It is the worst place in the world to look. If you're going to look to your past for evidence, by God, look for the good stuff. Only pull out what worked and be like, "Hey, there's proof. If I did it that time, I'll do it again." But if you're looking at your past and you're getting hyper focused on, let's say, because this happens very often and you were reading that book. What is the book with the upper ceiling thing?



- Kathy : Oh. The Big Leap.
- Corinne : Yes. So, Kathy was reading this book. I think when people start losing a lot of weight, they naturally hit these upper limits.
- Kathy : Yes.
- Corinne : For me, my upper limit was always when I would lose about like 75 pounds. I'd stay about 25 pounds overweight, but I would lose that 75 and it was like my upper limit had hit. All the sudden, I would start remembering, I would start telling myself stuff like, "This is probably about all you can lose. This is your set point. This is, in the past, this has always been where you starting gaining your weight back." And when you get focused on that junk, you start doing things, all the sudden it jumps out to you, like every invitation to go out drinking comes up.
- Kathy : Yeah.
- Corinne : Every time somebody's got food, it comes up. Every time somebody says something to you like, ... Well, I have several people when I lost weight back in the day, would ask me, "You think you'll be able to keep it off?" And I would hear that and would just be like, "I don't know." There was no confidence in it and it's no reason why I gained it back, because if my best answer is, "I don't know.", or "Maybe.", "I hope so.", "I'm going to try."
- Kathy : Yeah.
- Corinne : Those are shitty answers.
- Kathy : Yeah.
- Corinne : That means you're not doing the work on reinforcing all the things you're doing right. We talk about success journals, right?
- Kathy : We talked-
- Corinne : I tell the girls all the time, it's like, "I'm all about you listening to your excuses and getting very aware of the crap you say to yourself and all that kind of junk, but you guys have got to start writing down and really owning what you're doing right. You have to remind yourself." Our brains, and I know that you have, this is kind of like your thing.



Kathy :            Yeah.

Corinne :        Our brains want to go straight to what's wrong.

Kathy :            Oh, yeah. I'm really good at that.

Corinne :        Yeah. She's a big math nerd.

Kathy :            Yes, I am. There's always a problem to solve.

Corinne :        Yeah.

Kathy :            Yeah.

Corinne :        It's always like worst case scenario first.

Kathy :            Oh, yeah.

Corinne :        And then we're going to work our way back.

Kathy :            Yeah.

Corinne :        And I watch her do this all the time.

Kathy :            I have to prepare for the devastation.

Corinne :        Yeah. Exactly. Kathy's always like, "Doomsday scenario. The bombs are coming."

Kathy :            Yeah.

Corinne :        And then she works her way back, but that's a hard way to live. I think the way you have to change that and this ties into this self validation stuff, you have to get confident in what you're doing and the only way to do that is to alw ... You have to be reminding yourself, like 10 times as much as you want to tear yourself down. And for a lot of you out there, that's going to be like, "Say what?"

Kathy :            Yeah.



- Corinne : It will feel like a full-time job.
- Kathy : Yeah.
- Corinne : I have had so many of our girls say like, "Will it every just be easy? I'm so tired of thinking about this all the time." And it's like, "Well, that's part of it. You have ... Do you want to just not think, because when you weren't thinking, you were just eating."
- Kathy : Yeah. Well, they're re-training their brains.
- Corinne : Yes.
- Kathy : That's the way I look at it. You're right. I'm really great at looking at Doomsday scenarios and finding everything that can go wrong. It's work to find the things that can go right, because that's not the way my brain normally works.
- Corinne : Right.
- Kathy : I'm re-training it by writing down three things every day that went right during the day.
- Corinne : Right.
- Kathy : And it's becoming easier and easier and I'm looking at a broader spectrum. I'm not saying the little things like, "I drank my water today." I'm saying the big things like, "I had a big success at work today." or, "Corinne asked me to be on a podcast today."
- Corinne : Right.
- Kathy : Whatever it was, it's the bigger things.
- Corinne : Yeah. I think that when you're in the first part of it, especially for you girls that are just getting started, because a lot of you are in the early days of weight loss, practice now. Start with your little things. Start with anything you can find. Get your brain into the groove of saying, "Okay. Here's what went right first." Then you can go through and if you want to sit and think about what went wrong, you can, but you will not want to after a while.
- Kathy : Yeah.



- Corinne : You won't feel pulled to it. And it will bleed into everything in your life.
- Kathy : Yeah.
- Corinne : You start seeing what's right in your children before you see what they did wrong.
- Kathy : Yeah.
- Corinne : So many of our moms will tell us they get so exhausted with themselves. They feel like, "I'm just so hard on my kids. It's almost like I can't help it." Yeah, because you're not looking for what's right.
- Kathy : Right.
- Corinne : I remember, I know I keep talking about Logan's autism and stuff, but for years, because I had this story about it, I would look for everything that I could find that was just wrong. I didn't even ... I remember saying to people, "It's so exhausting being his mother, because all I do is worry. All I do is think about" ... I was only looking for all the things that just weren't right. That were going to not give him a good quality of life as he got older. Is he going to have to live with us? All that kind of junk. And then I had to finally figure out like, "I'm missing out on my job. I'm not every looking for any successes and he was having them the whole time."
- Kathy : Yeah.
- Corinne : The only thing that was wrong was I was getting cheated out of a relationship with my child. My child was having a good one with me.
- Kathy : Yeah.
- Corinne : He's just a joyous boy, but I was cheating myself out of a relationship with him. I think we do the same thing when we're losing weight. We cheat ourselves out of that fear that we're not going to be able to do it or the fear that we're going to gain it back. We get so focused on, "Well, this is all the things that went wrong this week. These are all the things that didn't happen the way they should have happened. I should have lost weight. This should have happened. People should be noticing." We cheat ourselves out of that relationship with ourselves.
- Kathy : We sure do.



- Corinne : We can having a great one. It's right, guys, it really is right in front of you, but you've got to quit telling yourself that it's not there. It's not there for you. It's literally, you just have to practice it. It's just not natural for a lot of us. Through, what we want you to do is we want you to start focusing on all the things that you can be doing. When somebody ... I would like for you guys to go through and make a list of ... Let me just think about this. I think that people could make a list of, I would start with somebody that you find, like you would think to yourself, "If only that person would say these things, it would make my weight loss so much easier." Find your one, everybody's got that one person that they put their eggs in their basket, like, "I need the validation from them." Or if they just talk to me different or whatever. Identify that one and go through your list of shoulds, of what are all these things that you think they should be doing and then just ask yourself, "Is that helping me?"
- Kathy : Yeah.
- Corinne : You know?
- Kathy : That's great.
- Corinne : We're not saying that people don't need to be kind and that people don't need to be supportive and stuff. It's more about the expectation that you have. That's where you end up letting yourself down. If you really think, if you get so wrapped up in the idea that other people have to carry my happiness burden. Other people have to carry my self love burden. Other people have to carry that backpack for me. It's like, "You do it yourself." You just end up hurting yourself. And very often you can just dismiss 90% of what gets said to you.
- Kathy : I had something interesting happen last week that kind of goes along with this. I decided, instead of going to complete and total I love myself validation, I would go to neutral.
- Corinne : Yeah.
- Kathy : I would go to not seeking validation.
- Corinne : Right.
- Kathy : So, I put on this new dress. It's really cute, but it comes above the knee.
- Corinne : Is it that stripe one?



- Kathy : It was ... Yeah. Yellow and white stripe. Very springy.
- Corinne : It is very cute.
- Kathy : Thank you. But it comes above the knee and I'm not used to wearing things above the knee, but I would not let myself ask my husband, "Does this look okay?"
- Corinne : Yeah.
- Kathy : Because what's he going to say? He's either going to say, "No-
- Corinne : "You look like shit, Kathy."
- Kathy : Yeah. Well, he knows better than to say that.
- Corinne : Yeah.
- Kathy : But he always says, "You look beautiful." Well, if he always says, "You look beautiful.", that's really great, but I don't know that that's what I needed to hear or wanted to hear in that dress and I decided, I didn't want to hear anything. I was going to not ask, "How do I look?" and I was not going to allow myself to change out of it. I was going walk out of the house wearing that dress. And do you know people on the street stopped and said, "Well, you just look like sunshine today."
- Corinne : Yeah.
- Kathy : This guy at Walgreen's, "Well, don't you ... That's really cute dress." And I was like, "Okay". So, I didn't have to search for validation.
- Corinne : Yeah.
- Kathy : Because I allowed myself to look for it internally and then Bam!, it just came-
- Corinne : Right.
- Kathy : From all sides, because I recognized it.



Corinne : Yeah. And I think there's also the when your husband, if he's always telling you you're beautiful and stuff. They really believe it.

Kathy : Yeah.

Corinne : But if like so often we just don't.

Kathy : Exactly.

Corinne : I can guarantee you a lot of our clients who think they're not getting external validation, are getting it, but the volume of negativity is turned up so high in their ears, in their head, that they're not hearing it or they are just dismissing it.

Kathy : Right.

Corinne : Well, he's like ... I'll give you a good example. He's telling me, he's beautiful, because he's has to, he's my husband and he loves me.

Kathy : Well, he tells me I'm beautiful when I first get up in the morning. My hair's standing on end, too.

Corinne : Right.

Kathy : You know? Well, maybe I am beautiful to him.

Corinne : You are beautiful to him.

Kathy : So?

Corinne : But here's the point. You get to either believe what he says-

Kathy : Exactly.

Corinne : Or you get to say, "Well, but my hair ... He's just my husband." That's the problem.

Kathy : Right.



- Corinne : Because when we go into that whole idea of like, "Well, this, that and the other. He should tell me when I'm wearing something nice or whatever." It's where you just end up you don't hear it. You don't believe, because you don't believe it yourself. We always talk about you need to be able to love yourself at the worst moments. You need to be able to love your children in their worst moments.
- Kathy : Yeah.
- Corinne : You have to work on self love and self compassion, validation and stuff to where you have practiced it so much that it's unshakeable.
- Kathy : It's natural.
- Corinne : Yeah.
- Kathy : That it comes naturally.
- Corinne : And it doesn't mean that you feel amazing all the time, it just means that you don't automatically go to, "This is wrong."
- Kathy : "This is what they should have said."
- Corinne : Yes.
- Kathy : Yeah.
- Corinne : It's like, "You know what? He thinks I might gain my weight back, but that's fine. I can"-
- Kathy : You know what? He's allowed to think whatever he wants.
- Corinne : Right. Because he would be me if I was that girl, I would just be like, "He can think I'm going to gain my weight back. He doesn't know me. He doesn't experience what I experience in PNP every day."
- Kathy : Yeah.
- Corinne : "He just doesn't have a clue. He doesn't-



- Kathy : "Watch this."
- Corinne : Yeah. He doesn't know the internal changes I'm making, because I've never made them before and now this is my opportunity to show him. That's all it's going to take while I drop them clothes off.
- Kathy : That's right.
- Corinne : You don't have to get pissed and that's the point, though, when you're not validating yourself and you're not doing these things. You get pissed. You don't need to be miserable. You need to look for ways that you can be empowered. I would tell you do that should list, then ask yourself, "When I have this big list of shoulds, how often is it getting met? Are there things on there that I just need to vocalize to somebody and just say, "Hey, I do have people that love me in my life. They'd be more than willing to do these things. Maybe I should just open my fucking mouth up."" Then there's some that you just got to be like, "I'm not going to list it. Would I want somebody to have this burden on me?" I would never want to think that the only way Logan could feel good about himself is if I was constantly reminding him of how great he was.
- Kathy : Yeah.
- Corinne : I want him to feel amazing about himself. I want him to do it without his mama. So, that when he's at school and somebody picks on him, he comes home and he tells me, "I don't really care, because I know how great I am."
- Kathy : Yeah.
- Corinne : Which he does.
- Kathy : Yeah.
- Corinne : That's what you want. You want it for you. You want it for your kids. You want it for everyone.
- Kathy : There might be one or two things on that list that are things you should be doing yourself.
- Corinne : Yes. I would pick that list apart.
- Kathy : Yeah.



Corinne : I would start like I just keep ... Everybody, if you're in PNP, get your journals out. Create one page in there that just like my shoulds. Every time you come up with a should, write it down and debunk it. Figure out, is this something I just need to vocalize, that I just think other people should do without even knowing? Is this something I should be doing myself? This is my job. This is not other people's jobs.

Kathy : Exactly.

Corinne : Is this something that's like, "Oh my gosh. This is just unrealistic." Some of us just have unrealistic expectations. Would we want to have that expectation put on us?

Kathy : Yeah. Good stuff.

Corinne : Yeah. All right, guys. That's it for this week. We will be back soon and we hope you have a wonderful week and that you don't should all over yourself. Talk to you later.

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