



When I first started losing weight, there were a few white lies I told myself?

**?I'm totally happy with my body the way it is. I'm just doing this ?for my health.'?**

**?It's totally only going to take me a few months to get to goal.?**

**?Fake cheese tastes the same as real cheese.?**

**?I can totally cheat a little on the weekends. If I'm good all week it won't matter.?**

**?I don't need to change my eating FOREVER, I just need to lose the weight and everything will be fine.?**

Now that I'm down -100+lbs, I can tell you ? these weren't white lies. These were big, huge honking black lies and until I confronted myself about them, I was allowing them to hold me back and hinder my weight loss. Let's discuss:

**?I'm totally happy with my body the way it is. I'm just doing this ?for my health.'?**

Alternate versions of this lie include: ?I'm just doing it for my husband, to get a girlfriend, so my mom stops hounding me??

Here's the thing, I had no idea how much I was being weighed down (pun intended) by being obese. I didn't realize that I was coping with my problems by smothering my feelings with food and wine, and the next morning my problems were still going to be right there. I didn't realize that my ?snarky? side wasn't just snarky, it was downright rude and it was keeping me from having real, deep relationships with boyfriends and even some of my friends. I was so determined to reject others before they had a chance to reject me, and I missed out on a lot of FUN and fun people in the process.

Now I realize, I AM doing this for my health, but I'm also doing it for the self-confidence, the happiness and the joy I've found with my ?people.?

**?It's totally only going to take me a few months to get to goal.?**

When I started, I believed that the weight would just miraculously fall off as fast as it went on, and that I would be happy if I was smaller.

A couple things happened. First, it's been four years and I'm still not at goal. This weight loss journey has had its ups, downs and plateaus. I've had a week where I lost -10lbs and a week where I gained 6lbs. I've had weeks where I lost -5lbs and then the following week gained 11lb back. No matter who you are, weight loss is not a straight diagonal line down to goal. And learning to accept that and aim for progress instead of perfection has made all the difference.

Also, while I'm happy with my smaller body, now I recognize it's about a healthy BMI, toning my arms and abs and really working for the healthiest version of myself.

### **?Fake cheese tastes the same as real cheese.?**

I thought I could compromise and eat low-fat or diet versions of my favorite foods, like cheese, but it turns out, I don't want to live in a world where I can have all the fat-free, fake cheese I want. I want to live in a world of brie, pecorino with black truffle, stilton, feta (oooooh, feta) and all of the cheese I love.

So what was my solution? I needed to learn portion control, moderation and balance. I can have my cheese, but I need to make sure I've accounted for it in my menus or meal prep, and maybe I don't have alllllll the cheese but instead a sensible portion of the really good stuff!

### **?I can totally cheat a little on the weekends. If I'm good all week it won't matter.?**

One of my favorite little reminders to our online wellness challenge group is: Don't let the weekend become you weak end. Saturdays and Sundays are not excuses to give up on your goals. If you do great throughout the week, why eat junk or overindulge and undo ALL that progress? It's like Groundhog Day over and over again. Better to get an extra workout in or eat a lighter breakfast to balance out a heavier intake than throw moderation out to the window and start each Monday in the same place.

### **What do you think? What are some white lies you told yourself at the beginning of your weight loss that you had to fess up about later?**

This article first appeared on [organizeyourselfskinny.com](http://organizeyourselfskinny.com) on February 9, 2017.