

Episode 43: Cold Turkey or Small Changes Over Time?

Top 5 Tips

5 tips to help you decide if you should go cold turkey or make small changes over time.

1. **Evaluate your lifestyle:** Look at your lifestyle and your environment. What approach would better serve you and help you to be successful? Choose the approach that would work best for you. Make a pros and cons list or imagine yourself doing each approach and see which one feels better.
2. **Make a choice and stick with it:** Once you choose, know that whatever you choose is the right decision, so stick with it. Because I bet that if you choose cold turkey and a couple of weeks in when you are feeling the withdrawal symptoms that you will be like “small changes over time is what I should have done. It would be so much easier.” Or if you choose small changes over time and a month into it you haven’t lost a single pound, you are probably going to think “this isn’t working, I should have gone cold turkey.” Choose a timeline for your decision. Such as I will commit to making small changes for 6 months. Or I will commit to eliminating sugar and flour for 2 months.
3. **Make a plan:** Write out a plan of what you are going to do. If you are going to make small changes over time, write down how often you are going to make changes. Will you add a change every week or every two weeks. If you are going cold turkey, write down exactly what you are going to allow. Be specific so there is no wiggle room. Decide how long you are going to follow your protocol. Say 1 month. And then make a plan for how you are going to add foods back in such as dairy or sugar.
4. **Process your emotions without food:** No matter what approach you choose, you need to learn how to allow and process your emotions without using food. This will be a game-changer, my friend! If you need support, hire a coach to help you through the process. I know that Mary and I have a unique way of identifying and processing that has changed my life.
5. **Be kind to yourself:** Always be kind to yourself when going through changes. Coming from a place of shame and hatred will not serve you. Pretend you are talking to your best friend when you talk to yourself about food you eat.

