



FREE RESOURCE:

DITCHING THE SCALE

SIMPLE STEPS TO WORK TOWARD
DITCHING THE SCALE & FINDING THE
FREEDOM TO LISTEN TO YOUR BODY.

hey there!



Are you tired of letting the scale control your moods, determine a good day or bad day, dictate how you'll eat, move your body and your self-worth?

If you're saying "yes! yes! yes!" but feel stuck as to how to actually get there, the steps in this activity are here to help you.

While knowing the number on the scale can make us *feel* more in control, often all it does is further remove us from our ability to listen to our bodies, fuel ourselves appropriately, take pleasure in the food we eat and move our bodies in a way that feels good.

While diet culture makes us believe we're able to (and should) control our weight through diet and exercise, we actually have little long-term control over what number glows back at us.

Our bodies have a weight range at which they're most happy and productive, and they take the job of maintaining that weight very seriously (each time you stray from it, our bodies send powerful biological signals to encourage us to get back to it).

There are also *many* things by just what we eat and how we move that can impact our weight on a day to day basis (hormones, sleep quality, movement, stress, anxiety, illness, environmental factors, etc.).

Obsessing over a number on the scale takes your focus off achieving your goals in life. Ditching the scale means reclaiming that power over your life and your body by providing the freedom and mental space to go after them (no matter your size).

A full life, unaffected by the scale is totally within your reach - I've been there and promise that this can be done. Work through this activity as many times as you need to ditch the scale once and for all. Ready to get started? Let's go!

1. CONSIDER WHAT YOU CAN TOLERATE

While it's great to encourage you to "just throw out your scale!" it's not always the most useful advice. IF you feel you can do this right away, then great! You probably don't even need this activity.

But if, like many, you're struggling with the idea of not having access to that number or the idea fills you with as much dread as it does excitement, I hear you.

The best way to start is to work with what you can tolerate. If you weigh yourself daily, could you skip one day per week or every other week? If you step on the scale multiple times a day, would it feel feasible to forgo just one of those instances?

Determine what it is that feels tolerable to you and commit to it by writing it below.

Once you accomplish the above goal, set another. Continue setting goals until you've dwindled the number down to zero.

2. BE MINDFUL BEFORE YOU STEP ON

One of the best things you can do while you're still working to free yourself from the scale is to be mindful before and after using it.

Before you step on the scale, take a moment to consider the following:

- What am I feeling right now? (anxious, stressed, relaxed, hopeful, etc.)

- What do I feel weighing myself will provide me (information, a sense of confidence, a sense of control, etc.)

- In what ways is stepping on the scale and knowing this number *enhancing* my mental and physical health?

3. REFLECT AFTER YOU'VE STEPPED ON

Once you've weighed yourself, it's crucial to take time to reflect on the experience. This helps you be more mindful about the impact weighing yourself has on your mental & physical wellbeing.

After you've stepped on the scale, reflect on the following:

- How did seeing the number impact my mood or sense of self worth? (improved, worse, neutral, etc.)

- Did the number on the scale alter how I fed or moved my body the rest of the day?

- How did the number on the scale *enhance* my mental and physical health? (it's ok if your answer is 'it didn't')

4. CREATE A PRO / CON LIST

Taking the time to write down a list of the pros and cons to weighing yourself can be another great way to bring more mindfulness to the act, and allow you to see whether it's causing more harm than good.

Fill out this pro / con list then sit back and evaluate it. Does the act of weighing yourself provide more pros or cons when it comes to your mental health and overall wellbeing?

<u>PROS</u>	<u>CONS</u>

Use and re-use the activity above as often as needed until you're no longer compelled to continue weighing yourself.

Remember that:

- Diet culture sells us on the idea that 'thinner is better' (this is how they profit!) but this is not supported in the research. The research shows that individuals of all shapes and sizes can be healthy and that weight has very little to do with overall health and wellbeing.
- You can always decline being weighed at the doctor or ask to be weighed backward so you don't need to know the number.
- You are more than a number on the scale and more than your body. Reflect on all you have to offer that has nothing to do with your weight or your body.
- You deserve to give yourself grace throughout this process. If you've been entrenched in diet culture and have relied on the scale for a while, it takes time and effort to untangle your worth from your weight. Know that each time you work through this activity you're taking small, but important steps toward freeing yourself from its power.

You've got this! And if ever you need a little extra support, feel free to reach out to me on Instagram (@caitsplate) or via email (caitecaitsplate.com)!