

Ep 57: Shari

MERYL: So I have Shari Coltune who is an amazing, how do we, what are you?

Life coach, everything. Coach literally can do it all. She's fabulous. She's been on before. And so we were talking today about doing a group program, which we are going to set up. So look out for that in the, not too distant future and yes. Reinvention group coaching. So like I said, we are looking to maybe launch that around mother's day because who, who better person to give a gift to than yourself.

Right. So today, so thank you for joining.

SHARI: Thank you for having me.

MERYL: It's always amazing. Our conversations are amazing. I think what happens is that she and I start talking and then we're like, oh, we have to make this a podcast because it, the things that we talk about with our mutual clients resonates so deeply.

And so it just is a seamless, seamless way to way to really engage. And I think what she has to say in her message is so important because I want you all, the audience to really hear what she's saying. I want you to embody it in the best way possible. So we started the conversation.

I asked her about how to really work, help our clients who struggle with the idea of knowing intellectually that **the quick fix is not the right thing**. And it's not the healthy thing, and it's not going to get them to where they want to be. And so when we start our conversations and I say, this is a process, and this is a journey.

So intellectually they get that and they sign up for, and they're like, yes, I want to get off of this hamster wheel that I was on. Tired of feeling like a failure and I'm tired of self sabotage and I'm tired of bringing being deprived and starved and they say all those things. And yet they're in the program a week or two weeks and they're like, oh, but I haven't seen change yet.

So intellectually they know the body doesn't work, but emotionally they're on a whole different way. Right. And so we started talking about that. So how do I speak to that?

SHARI: It's not just because your head wants something and you're putting your hands on a ball. And if you don't pick up the ball, And bounce.

It there's no movement. I don't know if that was a great analogy, but so what happens is you want something and when it doesn't happen, fast enough, you start, what you're

doing is you're actually **feeding the voice of the inner critic**. You're feeding the part of you that is in lack. And, and you're picking up the bat and you're internalizing, this isn't going to work. I'm a failure I'll never be in the, I'll never forget it done. And then what happens? You quit. And you're like, okay, why bother? Because you don't want the emotional attachment, you don't want to feel it.

MERYL: Well, you had said something. We were talking about that this kind of topic earlier, and you said something about.

Oh my gosh. Wait, what was it? It was, I'm trying to think of how you said it in terms of like you gave the pregnancy example, right? Like it takes nine months, so I'm gonna let you say something about that, but it was really about the timeframe, like what we want it fast. We want it fast. Why? You know that whole thing.

Can you go into that a little bit?

SHARI: Because **wanting something so fast is a trap** because number one, it **takes you out of being present and enjoying the journey**. You know, looking back the only time to really look back is to see your progress and to see how far you really are capable, actually capable of doing.

So that needs to be celebrated. So many people forget or deny themselves that joy at the process.

MERYL: Well, I think what happens is, is people get into it. So I have a client in particular that I'm thinking about and. She understands what we're doing.

Right but is getting frustrated and she's embracing some of the process.

Actually, she listened to one of your podcasts and we had talked about what she's willing to give up, not willing to give up, which were all very realistic things. She came up with great realistic things and so on the one hand she recognizes that. And she's acknowledging that. But on the other hand, But I don't know how to eat and I'm confused still. And so she's wanting something that I keep saying, but our goal is not to hand feed you the meal plan, but **you need to trust yourself enough with what are the recommendations that I'm giving you** but, there's a disconnect there

SHARI: **Because she doesn't trust herself.**

Right.

There is a part of her that's not trusting herself.

So if she's committed, if she says that she's committed to doing something and she's not seeing the results within two weeks, she didn't feel that she was capable to do it. So she's going to run for the hills and it's really actually happening unconsciously. And I, I say to my clients, when they first start working with me, we're not doing A to Z.

Right. We're really, and we spoke about this in the last podcast. That we did. It's like A to B you know, slow and steady really does win the prize.

MERYL: But how do you get them out of their head? Like, I think this is the hard part

SHARI: Because you have to give them the analogy of the pregnancy.

Let's go into that, right? Yeah. When, when you get pregnant, you want to meet your baby so fast. You want, you want to kiss that baby? You want to know what it looks like. You want to know what kind of personality it's going to have. You just, you, you want to touch it. but you accept that it's going to take nine months for the most part,

these are always, well, it's a long time, nine,

whatever it is, you still have the acceptance that there's, that there is a timeframe.

Right. So you go within the timeframe, you're, you're in the process of watching your body grow, enjoying the kick game, even if I mean, some people don't like being pregnant, but you know what I mean? You're still enjoying that because you've accepted

MERYL: Right because you have no choice.

SHARI: Exactly.

So you have no choice. Two weeks is not a long time either.

You have no choice, but you do have a choice. **The choice is accepting that it took you how long to be in the space and the position that you're in. It's going to take some time for your body to recalibrate.**

MERYL: And look, this client that I'm referring to, isn't the first client and you see it too.

And I always, I love this work that we're doing you, the work that you do the coaching that you do is work. **I think there's an expectation people are going to come in and**

don't have to put forth effort. Like all of a sudden these new behaviors are just going to come to you.

Right. But these new behaviors, it's **your body resists those new behaviors**

SHARI: Because we resist change.

We are very comfortable. In our comfort zone. And I just had this conversation with a client last week. She's like you know, it's comfortable. And I said, okay, well then if you're comfortable, then what, what is the work that you want to work? Because change happens when you really get that your discomfort is, is in that comfort zone, right?

So if you're not comfortable in your comfort zone, then you need to change. Then you can change and you can choose to change, but it's going to happen slow because your body, your body brain remembers everything. It's going to remember the disappointments. It's going to remember the times when you didn't have self integrity.

It's gonna remember the times you didn't have self-trust. Your body remembers when you quote unquote failed. Okay. And what happens is, and what happens is your body goes no. So if it doesn't happen in two weeks, your body's going see, you see, you see. And then, and then you give up, but, but I'm here to tell you, you could say you see, you see, you see, you see the change, but going slow.

Yeah. You know, when you have your baby, let's go back to that. When you have your baby, you don't just go back to your skinny jeans in a week. You have to be a real anomaly or

yeah, nobody does it,

but it takes time. And you have the patience for that, even if you don't have the patience you have,

MERYL: well it's going to take time.

So that's the process.

Right? Right. And, and I liked that. And I liked the fact that when you say, especially they go into that failure. And I think that **we call it self sabotage**. You can call it failure, whatever, but it almost is like, **it gives them an excuse to stop** right? Because like, I never understand.

SHARI: Because deep down unconsciously, you live by a certain set of instructions that you allow yourself to do X, Y, and Z, and self-sabotage, failure. You know, it's really when you trunk it down. Now, **a lot of it is I'm just not good enough, or I don't feel worthy enough** or to change.

I'm scared. So when you chunk it down, **there's usually a filter that you're living by**.

Right.

But change, **change can be so liberating and, and it can be so exciting, but the fear of it not happening fast enough is a trap**. And it traps you because people want the instant gratification. It's a fear.

Right.

MERYL: And I think again, that's a cultural thing, right.

Because all of these fad diets give you that, but then at the end, right. We all know, oh, well, at the end of that is like, okay, well I've had instant gratification or **I've had gratification on some level. But I can't maintain this**. I can't maintain this particular lifestyle, this particular whatever deprivation and starvation they're, they're actually going through.

But I think the other thing that I wanted to ask you about is I feel like the 'I'm not worthy. I don't trust myself' piece is so pervasive. I feel like **almost every client comes in with some form of scarcity**, right?

Financial scarcity. We've talked about that because I do admit to that. And, and I've worked hard to try and overcome. To the not worthy

SHARI: Can I speak to something that you said about the scarcity? Because we worked on this, right? It's not that you got over it. Right.

But it's not that you've got over it. You have seen the process, right? Because it takes time. **It takes time to build a habit**. It takes time and a new habitual thought. So when you're a scarcity, you comes up now. You're able to look at it and go, oh, there, that is again, right? So **you're not living in it the way you did because you have a different awareness and a new insight and you work with it**.

So it's not about getting over. Something because we just don't get over something, but it doesn't have to keep us paralyzed.

MERYL: Oh my God. That's so amazing that you say that. So I'm going to go back to this and I'm going to use myself as an example because I think, okay. Yeah. Yeah. Because people, because I think people need to hear this.

You know, the scarcity piece. Yeah, I mean, we'll look as women, we don't talk about, look, I don't think we talk about money a lot. And I think that was a whole whole thing that I, I realized in terms of what I had to realize after I got divorced and taking care of myself financially and having that responsibility.

So But, but that scarcity, so you're right. It doesn't go away. It lingers there, but it doesn't paralyze me like it used to, but I will tell you, even you brought up the word scarcity and I feel something in my gut like, oh God. You know, like, and, and so it still brings up those feelings, but I have recognized, like you said, I really like.

And, and this continues to be a work in progress for me.

SHARI: And there's a perseverance, right? There's a commitment. **There's a strong will desire to work with that old outdated mindset of scarcity.** And one of the things that I acknowledged about you and working with you is that you see that it didn't take two weeks.

Oh, gosh

Just the conversation about scarcity and the mindset. And it wasn't just about money. You came to realize it. Wasn't just about money. It's like where else in your life does that scarcity emotion thought interpretation, come, come into your life. It's not just about money. And when we chunk it down a lot of times there's other beliefs that are there. So **you create a different belief system by taking it slow** because your body isn't going to say, okay, let's meet someone different because it doesn't happen. No, but you could be a better version.

MERYL: Right. I, I think part of that it's interesting. I so everybody can laugh that I actually recorded my story today.

Cause I needed to, I wanted to re-introduce myself and I really never explained that people have heard my story from my illness, right.

I talk about when I was sick, because that's really what threw me into the work that I do now and understanding how the body works so much more in depth. But **my story really started when I was much younger and the dialogue about, where like I never felt like I was pretty enough.**

I never felt like I was thin enough. But I did say one point in my story how, I don't know where I got that message. Right. I feel like I grew up in a house that was really loving and really supportive.

And my parents would always tell me how good I looked, even though you don't really trust your parents. Cause they have to tell you that,

But that message and that story stayed with me. Right. And so, and I say, I did. I admitted even on the podcast that so well now it doesn't run my life. There are certainly pieces of it that still come up.

Right. **When I am in a stressful situation, I tend to not to eat because that's my control over a situation.** Right. And so then, but that goes way back to my disordered eating and I have to recognize that. Right. And there's a difference between, and my kids make fun of me for not eating. And I always say, I like how I feel right now.

I like how I am in my own skin right now. And I eat to maintain how that feels. Serves me. It's not that I don't eat I have a shake and I eat a small amount of food because I know genetically I can't eat that much food if I want to maintain the way I look now, which is a very different mindset than I, how I used to be, which was restrictive, restrictive, because I wanted to be skinny.

Right, right. But, but those I always say the mind of someone who has disordered eating habits, I don't think there's anybody on the planet who doesn't have some kind of disorder behavior, because even more so as women, I think. We grow up with this culture of you need to look a certain way and so forth.

Right. So let's all just put it out there. I mean, and unfortunately I think it's an area that really needs to be addressed, especially with the young girls today. And that could be a whole other podcast and it should be right. And we should really be paying attention to this. Cause I have to tell you, we are seeing so many people now who just come in with anxiety and so forth.

So again, that can be, I don't want to digress too much. But going back to right. Some of those behaviors or not the behaviors. Cause I really been able to control the behaviors, but **the thoughts still come back.** So like

you said, right, they don't go away. How do we, like I've been in years and years, there's a therapy I've worked with you for so many years.

Right? How do we, besides going to therapy or how do you know going to therapy is a great idea, but **how do we help our clients with that conversation?**

SHARI: So I love what you were saying. So **the issues are in your tissues**. You've heard that expire. So the issues are in your tissues. So. Yeah. You know, so are the memories.

And so when things like that come up, it's an, it can, some of it can be highly triggering or some of it as you do this work and you work with me, you become aware, oh, that again, **So it doesn't have to take power over you. You actually can have the power over it.**

MERYL: How do you do that?

SHARI: Well, a couple of different ways.

I mean, one hire a coach but honestly **creating structures very, very important to create self nourishing. Non-negotiable. Structures** another skill, **creating a very empowering habit for yourself.** And I'm not saying something like you know, go run a marathon. You know, I'm talking about like, I, I had told some, my clients **set alarm on your phone for a couple of times a day that just says breathe.**

And you will see when that alarm goes off. How shallow your breath is

but it's so true. Like it halves you more put in your phone be present because when that alarm goes off, you will see, oh my God. I was like, how did I get to Publix?. Right. I have no idea. Or recognize your breath. Like it's, it's up in your chest area, not even in your belly. So those are very small.

Talk about like two weeks, like an energy that's two weeks **creating a very small structure to me, that was life-changing** when I started setting alarm, I'm like, damn, I can't breathe. Because we're on autopilot. So just getting out of that autopilot mindset is going to have you open yourself up in a different way.

Also. Another structure is when you, **when you're brushing your teeth at night, washing your face at night just like just being with yourself**, I take a shower. Every night. It doesn't matter what time I get home, no matter how much fun I had that night, I will take a shower because for me, one of my structures is I need to cut the cord.

So the day wash the day off and be grateful for the day that I just had. And sometimes I recognize if I'm in the shower the day wasn't great. Right. I had a bad day today. And

then and then when you witness, where you go in your head today, suck that person's suck. Oh my God. They don't like me, I'm not I'm I failed at this event or this thing that I was doing.

And all of a sudden your brain goes, yeah, I'm just, I'm just a terrible person I'm not liked. I'm unloved. And I'm like, I'm not worthy. Oh my God. And you're exhausting yourself. So this is the time to just say, you know what? I did the best that I can today. **And tomorrow's a new day and I can choose a different way.**

MERYL: And I love that. And I think that's so important because so many people, especially when. Not so much the people I will tell you I can see the people who come in with illnesses and, and who have been frustrated because they either been misdiagnosed, not diagnosed at all, ignored you know, dismissed by their healthcare practitioners.

They are sick and tired of being sick and tired and their motivation and their level of determination and drive is a little bit different because they just will do whatever to feel better. Right. And so, when you look at someone who comes in and look and there's, and there's interweaving pieces of this, cause people come in for weight loss and weight management also are tired of feeling like that, but, but **the people who come in with the mindset of, I just want to lose weight.**

The idea that they have to change all of these things. They come and saying, well I know I need to exercise. I know I need to change my diet. You know, whatever, but, but **they're setting themselves up for failure** because like you're saying, just do one thing. And I say that all the time when I'm going through an initial consultation and someone's spending an hour and a half with me, and I'm pinpointing all of these areas that I'm like, okay, well we have to work on this and we have to work on this.

We have to work. But recognize that **we are maybe just going to start with one thing.** And sometimes that one thing, isn't what they think, right. If they're not exercising, they come in thinking you're going to make me exercise every day when it might be, they really need sleep or a meditation. Right.

Because I always say everything backs into sleep. If you're not sleeping well, you can't function.

SHARI: You know, so I'm using Michelle as my coach and I came in, I wanted to maintain my weight and **I thought I was coming in for one thing and I became hyper-aware that I don't eat enough protein.** Right. I had no idea.

And here I am, I'm texting my coach and I'm like, what about this? She was like, where's your protein? Or then I'll eat a protein. She's like, where's your vegetables. And I think I'm a decent eater. And, and, and I realize that when you say to yourself, I don't know how, I can't do it. I don't know how so, number one, you're in overwhelm.

You're in a freeze mode, so you're not going to get anything done. And number two, I just kind of segue, but, but number two, if you don't know how you ask for help. And it's okay to ask for help. And when the help says, take it slow. It's because it's important to be in the moment. You have to remember to keep the two feet on the ground.

And yes, that sounds easier. But if someone comes in and says, I know I need to exercise if I you know, so don't not in this moment

MERYL: I will tell you most people. And we'll come back to that. But I do want to say something about that because I had a client come in, it was a male client stress to the bejesus.

And I said to him, because we talk about meditation because the breath is so important, right. I mean, there's like a million studies go look up at and

meditation meditation. Right.

So I said, Have he said, I tried meditation. I can't sit and my mind goes all over. I'm like, great. I understand that. All I need you to do is breathe. I need you to start with some breath work. He's like, how do I do that? And I, and I gave him, we gave him some examples even to do inhale

for four, hold it for four exhale for six kind of thing. Right? Like that's easy. You can do it a stoplight, right? And, and you don't have to meditate, but you need to breathe. And I love what you said about, but you, but the breathing requires you to stop.

SHARI He set the alarm. **When I first got into this work 10 years ago, I had no idea I wasn't breathing** and, and it's no wonder I have auto-immunity in my lungs because **I would hold my breath. So not to feel right, thinking that it's going to quiet my voice of the inner critic if I just held my breath. But it didn't, it just amplified it.** So when I got into this work and I created the alarm to go off, I don't need the alarm for that because I check in with myself all day. But,

but you have to practice it.

But if I go look back 10 years, yeah. Okay. But maybe 10 years ago, I'm like, I'm not breathing. Yeah. So I just encouraged.

People to understand that **when you allow yourself to go slow, you're actually gaining more momentum**. You really are gaining more momentum because you're not on the hamster wheel. That actually goes for you like

it just keeps going.

Yeah. You're just and stop, stop and smell the roses.

Stop and breathe, stop and look at yourself on the ground. And one of my clients. She suffers from anxiety. And one of the things that I offered her was go outside **when you're in that space, because now you're stuck and you're frozen and you're overwhelmed and nothing's going to happen. Go outside and play the game I spy.**

I spy the colors of the rainbow. Look for something red. Look for something orange. Look for something yellow and just keep going. And then, and then you're going to realize that you're not, your breath is going to slow down. It's not like, oh, I see my job. Okay. Okay. I did it. It's like, oh, I see a red truck.

Breathe that in. Yeah. You know, my, my client's like, I don't see anything red keep looking. And it took her like 15 minutes and she's like, I was good after that. Yeah. That was life changing for her **little things. Make big. Movements.**

MERYL: Right. And I and I say that, we say that a lot, I needed to resonate.

I want it to resonate with our clients that we, we get it, right. We get where they're at. And look, we've been there. I always ask, I said, I never asked someone to do work that I haven't done on myself. I mean, maybe not exactly every single thing. Right. I mean there's supplements. I haven't tried because maybe they're not healthy for me to try.

Right. And there's certain things that I haven't had to do, but I've always said, and I said in my podcast, I've always been the N of 1. I've always been my and of one in terms of my own experiment and recognizing the beauty of this work is recognizing that there's always a little more work to do.