



Getting Over Your Sabotage Point

**VENUS INDEX
REPORTS**

by John Barban and Brad Howard

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John Barban: Welcome to the Venus Index podcast. I'm John Barban, and with me is Ali Scott and we're going to be talking about something that keeps coming up on the forum about sabotage point, and I actually have the same thing. I called it something else. I called it the 'good enough point', but you guys seemed to be calling it sabotage point. So either way, it's the same concept, and Ali has experienced it too, and it might hit for different people at a different point based on experience, even my sister ran into something similar.

The concept from what I'm gathering is when we get to a body weight or body look, shape, size, weight that we're actually relatively comfortable with maybe in clothes, and we start to lose maybe a bit of motivation to push any further, and I don't know, it might be a collection of external factors like social feedback, like the social circles you run in, how you compare to other people, things that change in your life that kind of take the pressure off to actually go any further.

It seems to be slightly different for different people. It may also be that you get to a point that you're familiar with from before, so you just kind of remember being at that point so you don't think to go any further.

Whatever reason, everyone seems to have a point that sort of going past it the difficulty seems to go up, and it's not a physical thing. It's not like physically it's actually any harder. It's just that psychologically and socially, it seems maybe there's less motivation to push past it.

There's another thing that happens as we lose weight and get leaner that the results themselves like markers and with things like body weight and the look in the mirror, it may not happen as fast like when there's more weight to lose it comes off a bit faster, but towards the end it comes off a bit slower. So it also maybe as that rate of change slows down, it starts to seem like more work, so this seems to be happening to a lot of people. There's just a convergence point where getting to it seems to be one thing and then getting past it is a different thing, and from what I can gather, it's almost all a psychological and social event at that point. It's not actually anything in your body has actually changed. The feedback is changing, so the work you put in seems to feel like more work. Does that make sense?

Ali Scott: Yeah, absolutely. I think it does make sense. I mean, we all had a point. Well, the one thing you and I have talked about is where you look different in your clothes, and you hit a point where you stop looking different in clothes. It's a little bit different for women because we wear skin-tight clothing all the time, but still the last pound or two, it's going to come in your muscle definition, and not necessarily your size, which is why John has always said that the last few pounds, sometimes you won't even lose any inches.

You can be at your Venus Index and then still lose a little bit of weight and it mostly just comes in the muscle definition and that's not going to show up through your clothes. So sometimes you hit a point where that's kind of as good as you're going to look in clothes and then it's truly difficult to decide to take the next pound or two off because you're not getting social feedback. People are still going to look at you the same way. Almost no one will be able to tell, which is kind of why you need to do a picture or an after

pic in a bikini or something with no clothes and post it where you can really see the work that you put in to your body.

John Barban: Yes, so for guys, we call it shirt-on big and shirt-off big. And so for girls, it would be clothes-shape or bikini-shape, so it's the difference between how, like you were saying, you go from a size 6 to a 4 to a 2 or whatever, but once you're in a 2, because you're so small, you can be in a 2, but still have a bit to go to be bikini-ready, but you can't tell it with clothes. And for guys, it's the same thing. Guys as they get leaner, we have the reverse psychology. We're worried about going from an extra large to a large to a medium shirt, but that's because we're starting to wear more form-fitting shirts. But then you take the shirt off and there's all the muscle and all the definition and you are like, "Oh." But with the shirt on, guys have this complex side, "Well, I'm only in the medium."

So, I'm assuming it's the same for girls. There's the how you look in your clothes and then there's how you look without your clothes. And the difference at the end, at least for one of the "sabotage points" is the fact that, like Ali said, nothing changes, like you're already in the size you want to be in. You could be almost right on your Venus Index, but still could change the actual look, but the look won't be something visible in clothes. And that's one of the points. That's one of the sabotage points.

And the other point could be when you go from having the spotlight on you as being overweight or being at a body size that you think maybe socially eyes are on you for the wrong reasons. I don't know if that sounds right, but because you're not in the normal BMI range, let's say. And then at some point as you're losing weight and your building momentum, you go from being physically maybe big for your size to normal for your size. And now

you're, for lack of a better way of saying it, you kind of blend in with the crowd. You're not visibly bigger than anybody, you're just sort of normal. So now, all of a sudden, the spotlight is not on you anymore. That could also be a sabotage point where it's comfortable to be anonymous, so to speak.

And then the next stage is having the spotlight turn back on you as a Venus because now all of a sudden, the spotlight is back on you as the most in shape person at the table. So I think some people actually are afraid to have that spotlight turned back on them because somewhere psychologically, now you're going to be held accountable to that because you've gone from being, let's say, overweight to normal weight, to now in great shape, and that's asking for attention again and maybe it's a scary idea to be like, "Whoa, I've just redefined myself not only as just normal but now I'm redefining myself as one of the people with the best figures at this table. Do I have to hold myself to that for the rest of my life?" I can see how that's a daunting task.

Ali Scott: Yeah, well, it puts a lot more accountability on you, and I mean it happens in the greater social scheme of what is overweight socially wherever you live and what is normal weight. But it also happens I think a lot for girls especially if you are in your group of friends. I mean, it tends to be that with every group of friends there's the people that are all on the same level of weight or attractiveness. There's one or two that really stick out. Every group has it's really pretty girl and every group has a girl that is the biggest of the group because no matter what it is, there is always going to be one person that is the biggest. And I know that my social group when I was in high school or even early university, I mean I thought that I was the biggest girl in my group especially in high school. I don't know why, but I

hang out with a lot of very, very slim girls. And because of that, I was always justifying myself about why I was the biggest one, and of course, for me, it always came back to sport, “Oh well, at least I’m stronger, at least I’m faster.”

But in that group, all of a sudden then, you can become the average girl. You can become the one that blends in with your group of friends. But then all of a sudden, it’s an extra step to say, “Okay, am I going to be the prettiest one or the beautiful or best in shape of my group of friends.” And that’s a different kind of accountability. Just like John was just talking about, because it’s a different role to play, even within your friend’s circle. I mean, we talked about how your weight loss seemed to be sabotaging you before, and when you started to sort of move up the ranks of different systems.

When you start to become more attractive than some of your friends, when they used to view themselves as more attractive than you, it’s a difficult step to make sometimes, especially if you are in a group of girls because they’re so highly competitive with each other, but you have to be ready for a little bit of pushback and that might be also one of the psychological reasons why that last couple of pounds are becoming the hot girl in your group of friends is so difficult.

John Barban: Correct. I’m assuming even if this happens at all stages of life too, so even if the relative group, some people are married, some people aren’t that there is still some of that competition between women?

Ali Scott: Yeah, absolutely. I mean it all comes back to you as a base of it all. I feel like it still functions like a high school clique. I mean maybe I'm not old enough to have enough perspective, but I do have a lot of older friends and I hang out in a group that has a lot of older people in it, and it just seems as though that...

John Barban: Hey, let's clarify that, older than you?

Ali Scott: Older than me.

John Barban: Yeah.

Ali Scott: And within every group, it doesn't matter if you're single or attached or married or have children, women still compete with each other, and it's a social competition. It has nothing necessarily to do with attracting another mate. I mean, it might have some basis in that biologically, and I'm sure it does, but even socially, that's not what women are looking for. There is still a competition amongst women. And I know that that's not necessarily the same to men. So I understand that it might be a bit foreign to the males that might be listening to this or that you deal with, John.

John Barban: Yeah, I know, and that's why it's a bit of an eye-opener for me. And you have explained some of this to me and then I kind of tried to pay attention to it with girls and I talked to other girls about it. And it seems relatively consistent and that's an underlying thread, and that's one thing as guys we just don't quite get is that competition from woman to woman. So I'll openly admit that if I'm not constantly being reminded of

that, I just forget that girls are that competitive, and you always mention to me like little remarks with girls and it just surprises me because guys kind of don't do that. So I'll just admit right now that it's not my default mode to recognize that girls compete with each other like that, but I mean the reminders help.

But that doesn't mean that I don't understand the concept of sabotage point because you and I both have hit one. And it's more or less for the same reason, and it's because socially clothes can hide the next level of leanness of "getting in shape," unless you spend all your days working in a bathing suit or a bikini or around the pool. I mean, 99% of the time, no one is going to know if you've gotten that last two or three pounds off or not, and so it's just difficult to push it that much further, but that's the difference between (at least for this contest), that's the difference probably between winning and losing the contest is getting through that point and continue going.

So, I'm 100% aware that that point exist and I get the fact that it may manifest for various reasons and one of them being, like you said and like we've discussed, blending into the crowd from before, and then do you want to take it to the next step to refocusing attention on yourself as being in better shape than everyone else. And on the guy's side, once it stopped showing through your clothes, what difference is it going to make. Like over the past year, I'm changing. People see my pictures, but in clothes, I didn't look any different and no one would really know, like you wouldn't know that I was actually dieting pretty hard for a couple of months. You just can't really tell unless I have my shirt off and you're like, "Oh yeah, of course, something has changed." But for almost eight weeks, I was working towards something that actually no one would have noticed.

Which is interesting because some people were like; “What are you dieting for?” I’ve been coaching somebody on weight loss who has come down from almost 290 pounds down to about 205. And this person still has a bit to go, but I would eat with him a lot and I was watching my calories along with him and he’s looking at me going, “What do you have to do? Why are you dieting?” And to him, it’s almost absurd that I’m still trying to do something because in clothes, he can’t tell that I have anything else left to do where he’s obviously comparing himself to me, and this also comes back to not comparing yourself to others.

If your goal is your VI, you can’t let somebody else look at you and let them tell you, “Oh, you look fine.” Because it doesn’t mean you don’t look fine already, but it’s still your goal, not theirs. And they’re always comparing themselves to you, and one of the biggest things here is to try to not compare yourself to others. I know that’s easier said than done, but it’s really what going to define if you get as far as you want to go.

And Ali, I like what you were saying before if you can bring up the concept of tricking yourself into thinking the former fat kid inside you isn’t there anymore, and that you’re now magically someone who doesn’t have to worry about eating.

Ali Scott: Yeah, absolutely. I mean, don’t get me wrong. I’m painting a bad picture of women. I mean, we all have wonderful women in our life. It’s us girls I’m speaking about that we can support each other and we can be happy for each other. But that doesn’t mean that even when your best friend and you are honestly and truly happy for her that she is in a body that she likes, you can still be happy for people and still also be jealous, and I think that that’s part of how we work with even our best girlfriends.

And what John is touching on is that, I mean clearly I had weight to lose. Clearly, I gain weight if I don't train myself, not don't trick myself, but train myself to control my food and sort of always be planning my food and that's how I can lose weight and stay in control of my body. I've mentioned before that my brother and my mother are both people that just eat until they are full and then stop. My brother has been 6-pack ripped his entire life. And I tricked myself into believing, I was one of those people, because I have gotten to a point where I look like one of those girls and because I follow an anything goes diet type eating. I'm always eating things that people don't associate with people who are in shape.

So I was eating all these "junk food" and I was in shape or I lost weight and then I'm staying in shape and I kind of convinced myself that I was one of those people that could just eat whatever and I would be fine and I would know when to stop. And I forgot that there is this huge enormous fat girl inside of me that is just dying to get out and play the "all you can eat buffet game". And it's almost like I tricked myself into believing that that person in me didn't exist and that I didn't have those eating tendencies, although clearly, they're there. Because otherwise I never would have been overweight in the first place, and I truly believe that you can't take that out of yourself. You can't just become one of those people that knows how to eat properly and never has to think about it.

You have to think about it to lose weight. If you were overweight and you had to think about it, you're always going to have to think about it. But it's about having a technique or a style like the anything goes diet that allows you to minimize it in the back of your head. But it doesn't mean that you're ever going to just be able to stuff your face and stop at your BMR.

John Barban: Yeah, the experiment was the rest of your life up until now. That was the experiment that shows clearly that we are, you and me and whoever else is part of what makes us up, that we need to lose weight. That's proof that we're the type of people who, left to our own devices without thinking about it, will tend to gain weight just because we'll always eat a bit more than we need.

Now, we all gain at different rates. We all have different reasons why we might eat more. But in general, our lives that led us to being overweight prove to us that we're the type of people who have got something to deal with. And then the people you've seen that you've lived with, friends of yours or family members who never gain weight like your brother, it's obvious that that will never be an issue for them because for some reason the food is not a medicine to them. It's not a stress thing. It's not something that's an issue for them. So you just can't magically flip your life to be one of them. You've already got proof that you are the type of person, who left to your own devices, will likely eat at some rate more than you need. And knowing that, that's why if you're listening to this right now, that's why we think about these things, that's why we're trying to come up with techniques to lose weight and keep it off. But at the same time, try to make the effort as minimal as possible. We are all about trying to find a way to make that as simple as possible.

And the concept of the Yo-yo diet I think when people lose weight and gain it all back, I think it's because people, like Ali said, don't want to admit that the fat kid inside them is still inside them and when left back to their own devices will eventually just start eating their way back up to their previous weight, I mean, not all the way back up, but some of that tendency is always

going to be there. So I'm not saying you need to diet for the rest of your life, but a little bit of mind space needs to be given to the concept of keeping your weight in control somewhere along the line.

So I'm coming up with a new concept of mini-diets and micro-diets and that once you've lost the weight, you have to keep it off. And to me, it's something to do with partitioning a certain amount of time to active weight loss. Because the time that you're not actively trying to lose weight, you maybe slowly, very slowly gaining it. So if you can throw in little checks and balances to stop that from happening, then that may be the simplest way to keep it off, which is kind of what Eat Stop Eat is. If you would imagine that for five days a week, without really thinking about it, you're going to slowly overeat, not a lot but just kind of overeat. Well, adding in the two fast days is sort of a simple way to hold yourself in balance and to be like, "Well." Left your own devices on the other five days, you might gain maybe a pound or half a pound. But if you just throw in two fasts, you'll knock it off.

So, that's sort of the simplest and most painless way to keep it down, but if fasting is not your style, then what we do with AGD might be another way around it. You will be like, "Well, if over the course of the week, I want to eat a little bit more on the weekends and I know I will." Then keep it tighter or lower for a few days during the week, and then that's your way of managing just who you are.

Now, clearly for people who had never gained weight, none of this matters, but we don't care what they're doing. It matters for us how to manage it. So to me, that's where the maintenance comes along, and if you end up doing what Ali did and just sort of be like, "Oh, I don't have to worry about

this anymore.” Because you get the social feedback and it can creep up on you. You are like, “Oh yeah, every now and then I just want to keep this in control.

Ali Scott: Yeah, and I think one of the things you and I have talked about, is that when we are losing weight, we all learn how to lose weight. We learn the eating patterns. If you lose a pound a week for instance, and you learn how to tweak your dieting and your exercises so that you’re 500 calories down every single day. But then once we get really close or even when we get there to where we are photo shoot ready where we’ve spent the last 12 weeks or 6 months or a year dieting, depending on where you started and how fast you were losing, then you realize that you never actually learned how to eat at maintenance. You still haven’t done that.

And think of all this when you first start dieting and the tweaks, the challenges, the ups and downs, the successes and failures of learning what you need to do to diet to lose a pound a week, I think that is also a learning process that we have to go through to learn how to eat at maintenance. And people think that they’ve done all their dieting work, but they still actually haven’t learned how to maintain weight. All they’ve learned how to do is lose weight and gain weight. It’s because they were gaining weight before and that was the old eating pattern, and they learned how to lose weight. And even if you did it really successfully, and you had a great plan for losing weight, that plan does not necessarily work for maintaining weight because you might want to get that feeling of being in the deficit all the time, but you can’t and clearly it’s unsustainable. And you hit a point where you are like, “I don’t need to diet anymore because I’ve hit my goals.”

So I think once you get to the bottom, there is going to be again another process of success and failure and trial and error to find what works for you to maintain weight. I mean, John will get into this more again I suppose at a later date about whether you use Eat Stop Eat and you think you are on a monthly scale or weekly scale or a biweekly scale, whatever is it that you're doing, but we can't assume that we're just going to eat to our exact expenditure every single day, and that we are just going to maintain with every single day. That's completely absurd.

So we have to find a pattern of eating on some sort of time scale that's going to allow us to maintain our weight without ever gaining weight to the point when we're unhappy. So it's going to be a fluctuation of a couple of pounds here and there or even half a pound here and there, but that's going to take some trial and error for you to find a maintenance diet that's going to work with your lifestyle, with your job, with your responsibilities, with the social events you like to go to. And it's just as much to me of a learning process and it has been as much of a learning process since December when I did my photo shoot as learning how to lose weight.

John Barban: And one of the major things is learning, it is not calories in and out anymore. I mean, obviously, if you've lost weight, you've already gone through the exercise of kind of figuring out what your metabolic rate is and how you can eat. I think that the learning process at the maintenance is almost entirely a psychosocial thing. It is how do you deal with the feedback now? And like you said, you almost started to tell yourself that, "Oh, I can eat whatever I want now." And pretend that you're going to stay there without any attention to it at all. And so some of it is dealing with the feedback in the new position you're in and how people react to you. So it's

relearning your sort of new social influence or position or the feedback you're getting. It's relearning how to eat with that feedback.

Obviously, you know how many calories it would take, so then at that point, it's you versus the new you. It's like how you used to eat, then how you ate during weight loss, and now how do you feel about how you want to eat now. And part of it is that there's actually a lack of incentive. There's less drive. It's because once you get there, I mean you're looking at yourself in the mirror and you are like, "Man that was good." There's nowhere to go. What do you think? You are going to get even leaner. I mean, once you get to your numbers, you're there.

So it's not like you're uncomfortable where you are, but where you are is good. Because when you're bigger or when you're not quite happy yet, that's sort of like something poking you to move. It is like, "No, I don't want to be here." And it's like having a burr in your sock or whatever. It's you want to leave where you are and go to somewhere else which is leaner. But once you're where you want to be, you don't have anything poking you and annoying you and bugging you to be that, and you don't have a reminder in the mirror that, "Oh, you don't want to be here because you're there."

So it's almost like the uncomfortableness of not being where you are or not being where you want to be has been removed. So once you're there, it's not as painful I guess. Am I making sense here? There's nothing that feels uncomfortable enough to make you want to do something.

Ali Scott: And this is difficult because maintenance still requires a little bit of mental work. But you have much less even internal personal motivation

to do anything because you're happy with how you look. I mean, the one thing that you can do is post your before picture, and I don't suggest that you post the before picture when you are 100 pounds earlier or 50 pounds earlier or even at you're heaviest that you've ever been because then it seems like every place under that is still "success." Keep a picture around that's, let's say, five pounds off where you are. When you get to your absolute leanness and you're really happy with how you look, find a picture of how you look five pounds before and kind of keep it around to know, and then you can kind of get an idea of like, "Okay, I don't want to become that girl that's five pounds heavier. Not that girl that I was that was 50 pounds or 100 pounds or 25 pounds heavier. I don't want to go five pounds up." It's about getting those fluctuations down to a much more manageable level.

I have one girlfriend that has done that and she is constantly gaining and losing 25 or 30 pounds, like it must be exhausting. But to her, sometimes she'll lose 30 pounds and gain 25 of it back or 20 of it back, but she's still happy, or not happy, but she can still justify it because she didn't gain all of it back. But had she set her goal when she got to the bottom and said, "I'm never going to become at girl that was five pounds heavier. Not, I'm never going to become the girl that was 30 pounds heavier." Then you get those fluctuations down. But you have to search out those motivations for you because you're going to feel less of that tug, the less of that social tug and less of that looking in the mirror motivation. Even though maintenance still takes a little bit of work, so that's why I think that's a very difficult stage to be in is maintenance.

John Barban: And we've talked about this. We viewed it as a sine wave like just a constant up and down, but trying to make the ups and the downs as small as possible. So if you're look at your entire life and if you've Yo-yo

dieted before and it's happened over the span of ten years, your ups and downs could be as big as 50, 60 pounds and as long as years, like you've spent two or three years gaining 50 pounds and then half a year taking it off and then another two or three more years gaining 30, and like you said your friend does it.

So the fluctuation itself is large. It's 50, 60, 40, whatever pounds and the time it takes to put it on and take it off is also long. It's on the scale of years, if not, like most of the year to take it off. And then our concept here is to shorten or to shrink down the fluctuation and shorten the time it takes to do it. So once you get to a weight range you're happy with or you get all the way to your numbers then the idea or my concept for a mini-diet is you spend one week a month actually paying attention and try to stay on track with cutting your calories and then you can spend the other three weeks of that month just kind of eating however you eat and at least that way you're only actually actively doing any work for your diet, only 25% of the time. That sounds like a lot better than all the time. And to me, that's like, "Okay, so you can kind of loosen up for three weeks and tighten up a week, and if that's the most comfortable way of 'maintaining' your size, then that might be your new maintenance pattern." And I view Eat Stop Eat as what I would call on micro-diet where instead of eating sort of just regular for three weeks and then dieting for a week each month, Eat Stop Eat shrinks it down even within a week. You could be like, "Okay, eat normal for two or three days and diet for one day. Eat normal for two or three more days and diet for one day."

And then that way, you're always on top of it. So even in those two or three days if you tend to be overeating, the ESE day just takes it right back off. But with some people if that's not their style, then they can readjust or you

don't even have the fast. A couple of the guys who've placed in our competition, their new eating pattern is they consider during the week is their 'eat low' days, and then on the weekends they just eat whatever they want. And that works fine for them.

But again, there's some active role there. It's not just, "Okay, now that I am at this weight, I will never think about food again." They've recognized the fact that to get there took some effort and now that they're there, there is this new different style of effort at some other level. It's obviously not as intense as a straight 12-week diet. I'm even talking about the concept of dieting every year for 12 weeks no matter how you split up those 84 days. So it could literally be Eat Stop Eat style where it's sort of one or two days a week throughout the entire year are technically 'diet days', or you could just take one week of each month and make that your diet week for that month or you could diet for a month at a time, three times a year and just in divided chunks, or do it with the contest which is just three in a row, three months in a row.

The three months in a row is in order to take quite a bit of weight off, but after it's off, it probably make sense that you could literally spread it around, literally take the 84 days and just by the end of the year commit to 84 days of some kind of active calorie restriction for weight maintenance and reviewing it that way, it's still only 25% of your total time and it's likely the way you'll always be able to maintain within a very, very close range of your final target goal weight.

Ali Scott: One thing I really like about the idea of your mini- and micro-diet on the smaller time scale because I can talk about, and like you just said, we're trying to make that sine curve happen over less time. I just read about

this in the forum and I totally relate to this is that food is always on our mind. It's always tempting us. It's always there. Our weight seems to always be right in front of us and on our minds and a lot of us, I mean I've had this feeling where I was like, "Am I ever going to be able to just not think about this anymore? Can I go? This is exhausting. Can't I ever get food off my mind?" And I think unfortunately, the answer is you can never, but it's about minimizing it.

So if you get yourself into a weekly pattern or a monthly pattern that you're comfortable with, for instance, eating low on weekdays and then letting your weekend be a little freer. At least, that's a pattern and is sort of like getting up to go to work. I mean sometimes at first early mornings they will kill you if you all of a sudden have to start a couple of hours earlier at work. But then you get used to it and it becomes part of your routine and even though you might get twinges of thinking about it. It's going to become part of your living style and you'll think about it less. So I think trying to forget about it completely is not the answer, but instead just trying to minimize how much time you spend thinking about food.

I always like to parallel food, calories, and eating to money. A lot of people say, "Oh, can't I just make enough money, or lose enough weight that I never have to think about weight again, or make so much money that I never have to think about money again." But John and I talked about this too. With pro athletes, they are broke in a few years after they stop playing, even though they make millions upon millions of dollar. If you never learned how to manage that money or if you never learned how to manage your calories, it doesn't matter how much money you make, if you don't learn how to manage it and make plans for it and just get in to your lifestyle and understand where it's going and what it does to you, you'll never be

“safe from it” unless you do that work to find the sustainable eating pattern. And that’s going to take a little bit of work. It will occupy less and less of your head space over time but I can’t say that it will never go away, and if you just let it go completely, like I’ve had the tendency to do, and I mean granted, I only ever gain a half of pound or a pound when I just decided to forget that I was a giant fat girl inside. But you can’t just completely forget about it because you’ll gain weight right away.

So you just have to find ways to minimize how much head space it takes up and find a way for it to fit in your lifestyle, but that’s going to also take some effort. When you’re done and you’re ready to do your photos, that’s not the end unfortunately. But that doesn’t mean that it’s not a start to a really new and fantastic phase in your life.

John Barban: Yeah. It’s a bit unrealistic or naïve to just think it’s over and you never think about it again. The money analogy is the same. I mean, don’t just turn your finances over to someone else and say, “Make me rich.” That’s completely ridiculous. And I mean, this is your body. It’s the rest of your life. If you actually think the look and shape of your body isn’t even worth the effort, then I would just question your commitment to yourself at all anyways. If you just think, “Oh, I only want to put in 12 weeks of effort and then it’s over.” So if that’s you and your commitment to yourself if you actually think it’s just a couple of months of your life, and then it’s done, you also probably want a unicorn too.

So that’s kind of unrealistic. Same in the budget analogy that if you actually think you can get your money situation sorted out in a couple of months and then it’s over and then you’re like, “Yeah.” And you are set for the rest of your life, that’s also ridiculous.

Ali Scott: And you never have to learn about it again.

John Barban: Yeah, not learning about it, not functioning over time, like things change over time. Your life pattern will change over time. I don't have kids, but people who have kids all of a sudden the new challenge is when they're feeding their kids, they tend to snack on their kid's food and that's a whole new thing. So as your life changes, the food you're exposed to and the eating situation, that will change too. And the proof that we are the type of people who need to pay attention to it is that we're the type, who in the past, have gained weight so we know we're that person. We're not Ali's brother who just is lean all the time and it's just not on his mind.

Now, you can't compare yourself to someone like that and be like, "I want to be like that. Yeah, well, I want to be three inches taller." You just can't make that happen. So you can't look off to the other people who that's not one of their life challenges. You have to only deal with the way you're built.

So, I guess we can wrap this one up. The point with the sabotage point is be honest with yourself if you feel like you're hitting a sabotage point of why do you think you're actually at it. Is it because your social feedback has gotten to point where everything is kind of okay now and you don't see what the incentive is to move further? Is it because you've gone from having the spotlight on yourself in a less comfortable way of being "bigger" and now you're sort of normal, and you have to search your motivation to go from normal to like being in really great shape. That could be it. It could be that in clothes, nothing is really changing, so no one notices.

Maybe people in your life are like, “You know, you look fine. There is nothing left for you to do.”

Again, all of those things are external. It’s up to you to decide how much further you want to push things and that’s the idea from going from normal to exceptional. And then from there, we’ve already jumped over to the maintenance side and learning that, which again, we want everyone to get to the point where they are happy with where they are and they’re maintaining it.

But that’s another thing to learn and all of this is a matter of not comparing yourself to anyone else. It’s you and your own goal, so if you literally just have a pound or two more to go or you get to the point where it feels like you’re comfortable where you are, but you’re still not at the numbers you sort of set out as a goal and you have to kind of find the motivation to push to that and that’s going to be you versus yourself and the best people on your weight loss team.

And again, some people along the way, and this has happened to the guys, they will progress and progress and people will be on their side, and then at some point, a lot of people are just like, “Okay, now you’re just taking it too far.” And so you can’t let those people hold you back because they will never quite understand because they don’t know what the goal was. Maybe they aren’t familiar with the numbers and how they work and they’re going to see you in clothes and they are going to be like, “Man, you look good now. I don’t understand where else you’re going with this.”

So it gets a little tricky to go through it. And finally, it's only 12 weeks. It's just really not that long. So it's not a long commitment to yourself. So just get through it and don't at all tell yourself that this is just because you've seem to have hit your "sabotage point" before. That doesn't mean that it's going to get you this time because it's nothing more than a collection of various feedbacks, and I'm trying to show you what they are and why it's not a real point and nothing physiologically is changing in your body. It's just a lot of psychosocial feedback that seems to add up at one kind of body size, so to speak. So don't let it hold you back and there's no reason why you can't keep progressing. Have you got anything else?

Ali Scott: No. I think you pretty much covered it. I mean, it's all just about doing a little bit of work here and there, and even just little things. For instance, your work moves locations and all of the sudden your favorite snack place is across the street and you just have to find a new rule and you may have to deal with it. Do it for yourself and just once a day or just once a week or chew gum all the time at work. That's something I do so that I don't eat the food that's available to me there. It might have seemed like a little thing, but there's going to be these little challenges that pop up, like John says as your life changes here and there and they are going to challenge you, and it's just about doing that little bit of work to find how you're going to react to it and find a routine that's going to work for you. And that when it comes to your tipping point or a sabotage point, it's hard because you'll reach a point where sometimes you say, "This is better than I've ever looked, and how can I not be happy here."

And, it is just about believing that you can make it and believing in the philosophy and the numbers that you can look at yourself at whatever height, whatever body type you think you have, but that those numbers are

there and they work. And that even though there are points where you feel like you're satisfied and you start getting social feedback, it doesn't mean that it can't get even better and you just have to believe that you can get all the way to smoking hot at any size or any body type, any height and that you just kind of have to believe that you can be and have that body that you've always wanted, and I think that's the biggest thing. It's just knowing that you can get all the way there and not to settle for less. You deserve as much as you can possibly give yourself and don't settle for a body that's not all the way to the one that you've always dreamed of, not just the one that you think you're happy with.

John Barban: Yeah. And well, you said it better than I can. I mean, all of this is the trick of the social support. Don't let other people define what your goal is. Your goal is your goal, and it doesn't matter what other people think. So yeah, I guess we're good there. And oh, I guess finally, always turn to the community for the support because no one in the community would even hold you back. So thanks for being on the call. We'll probably do another one sometime soon if you're up for it.

Ali Scott: Yeah.

John Barban: And okay, so for Ali Scott, I'm John Barban and that's your Venus Index podcast.