

HONESTY, INTEGRITY, AND THE ART OF GENESIS

Weirdly, to my way of thinking, one of the first questions folks new to the idea of food journaling online is:

"How do you know if people aren't being honest on Genesis? What if they aren't putting in what they eat or are fudging on how much? What do you do if they lie?"

My typical response revolves around the concept that an individual's lack of integrity has absolutely nothing to do with me. I mean, follow that thinking through with me -

Typical path:

You're fed up with your body. You're tired of the train of diets and promises that didn't deliver. You're aggravated at the state of your personal health. You've had it with watching your body deteriorate while a few lucky others around you appear to thrive. You're in this state for oh, say, about 5-10 years - 5-10 years of disappointment, doubt, uncertainty and a developing (if not full-on) self-loathing for your own body.

You hear about Genesis - generally because you've seen the results of folks who've trudged the happy yellow brick road of Lifestyle Transformation and reached the state of health, vibrant living, and leanness that you have only dreamed about. You get excited to find 'a way'. You're turned on! If so and so can do it, so can you! Whooopee!! You meet with a coach, lay out your misery, and excitedly begin.

Genesis has a learning curve, and so does your body. While you accept the science of raising your metabolism and doing the repair work required for long-term fat loss and vibrant health, you feel inordinately itchy for instant results. When will

the scale move? When will you fit in those pants again? Your coach assures you that you are on the right track, and with patience and perseverance, the results you achieve will be phenomenal.

But wait! No diet soda? How can that chocolate chip cookie really be all THAT wrong? Eat bananas? Isn't that supposed to be bad? You ponder Atkins and South Beach and wonder what the hell is going on here... and yet you can't deny the results of the others that have gone before...

Here you can do one of two things. You can get down to adherence and let your body get on with the magical process Lifestyle Transformation is. Or you can visit the 'dark side' of you.

The 'dark side' goes like this: you know your coach is looking at your food. For whatever reason, you assume your coach is somehow personally invested in your behavior and you 'don't want her to see' that particular food item. So you don't put it in, and you make up your assigned calories fictionally in some other way, mistakenly believing your coach is all about you 'showing' the numbers correctly.

And, you know, that glass of wine you had last night... hmmm. Only extra carbs, really, you think...so I'll just call that ½ potato. Ice cream, supposed to be off limits, that looks like about 1 TBS of olive oil...and now the dark side has won and the true fight is on.

With you. Not with your coach. With you. It matters not to your coach. Your coach can see what is happening with your body. Your lack of results, your defensiveness, your complaining, your lack of accepting responsibility - the incessant mantra that this is all 'so hard'... these are the signs of someone who has not given in to the process itself.

So why do it? This behavior - this self lying - has got to be one of the more self-destructive behaviors known to humans - in any realm, not just fat loss.

The true question, the one I rarely am asked - is why would someone begin such a powerful process and lie to themselves via a computer journaling tool?

The answer is addiction. Alcohol, sugar, emotional eating, you name it. Any time in your life you experience a lack of congruency - when what you think and what you say and what you do are not matching up - the chances are very high you are in an addictive pattern, and this, my friend, is not your coach's problem. It's yours. It's yours to work on or yours to ignore, but you won't achieve the results Lifestyle Transformation promises without getting down to self-honesty and integrity.

Your coach is aware that something isn't right. Trust me on this one. Your coach has the choice to allow you to work it out or to do the work for you - and that deprives you of your own process. It's not okay. A good coach has big fat boundary lines and sticks to them. Not getting personally involved in YOUR process is highly important to your long-term success. Not to mention your coach's sanity!!

The purpose of Genesis is to give you an accurate tool for self-accountability for what goes into your mouth. It's highly important that YOU see what is happening with your behavior and YOU can match up the changes (or lack of them) in your body with the data you feed your mouth.

The reality is, my friends, if you adhere and follow the simple directions, it's difficult to complain or get defensive. Things cruise. You feel better, you look better, and when the scale starts moving, wow, what a miracle and a dream come true and your body changes so very rapidly... and you can feel truly good about your self - the kind of self

esteem built on integrity and honesty and treating YOU well. You can't sell that stuff, and you can't buy it.

Everyone has the occasional off track binge or nibble. It's normal. We're all human. I encourage folks to log it in Genesis so they can see what that does to their eating that day. This is about a learning curve. It's not what you do 2% of the time that hurts you. It's what you do 98% of the time. This is a process, not an arrival. You learn. You carry on. You adapt and adjust and wiggle and squirm and rejoice and giggle and you keep on moving. The self-esteem and empowerment built on your integrity is a powerful side effect of treating YOU well, and that, friends, is well worth the ride!!