



THE QUILTERS COACH PODCAST

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EPISODE TRANSCRIPT

**WITH YOUR HOST
DARA TOMASSON**

161. Guilty Feelings and How to Use Them For Good

Do you have a lot of guilt in your life and you just feel like no matter what you do. You will always feel guilty. You end up just giving up and just succumbing to it. This podcast is totally gonna ruffle some feathers. I'm really excited that I'm the one that's giving it to you because when I started looking at guilt in this way, it was such a game changer for me and I have not looked back so welcome to my podcast. My name is Dara Tomasson and I am the quilters coach. This is podcast 161 guilty feelings and how to use them for good.

Before I go into the meat of the podcast, which. I can pretty much guarantee there are some concepts I'm going to teach today that you've never heard before.

I'm really interested to hear what your thoughts are. But before I do, I always like to share a win from my one-on-one who was having a lot of frustration and disappointment. With that, she was running her calendar. So she was doing a lot of pleasing and saying, yes.

I'm going to tell you, we are all really generous, wonderful, kind people. We have very kind giving hearts. And so it's very natural for us to want to serve other people and want to do things for other people. But. When we do that, we have a consequence. . Not even if you're an introvert. But we as humans. We need to have time to rest. We need to have time to replenish. We need to have time to chill on our own and refill our own batteries. If we're constantly giving Then we're not able to give as fully because we're exhausted. What she did was instead of beating herself up for overbooking herself, she was able to give herself a lot of compassion and she's actually making. New rules for herself on how much she gives, how much time she gives to others, how much time she gives to herself. This is such a game changer.

It's something that I have been doing more and more in my own life. And the reason why this is so powerful, not only is it for you as a human, to be more rested and to be more emotionally available to people. You're not feeling resentful. You're not like snipping at people. But you're being a model to other people, have an example of what is, and you're also benefiting everyone around you because the more. That you can be relaxed. You can be in that better. State of mind. Then everyone else enjoys you more. You can be the fun hostess. You can be a fun mom. You could be the fun wife you can be available to. At your best version, it's like your phone. When you update all the apps, it just runs more smoothly. It just works better. It's the same thing. Keep on going, keep on making those boundaries.

In fact, today's tool is actually going to be talking a little bit about that. Imagine that. Let's talk about guilt. There's a lot of different ways of looking at guilt and you can do a Google search. There's lots of people, all having their own opinion on what guilt is when I coach women and I help them with this,

It's not lost on anyone, but guilt and quilt. There's only one letter difference. Then there's so how often do we feel guilty? Every day.

Even today as I'm recording this, I have nobody at home. It's a Saturday. My boys are at camp. And, I'm actually feeling a little bit guilty because I'm feeling like I'm not getting as much. I have the schedule that I made for myself and I made a choice to switch it up because there was a live training that I wanted to go to.

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Even though I made that decision, I'm feeling a little guilty because I'm not quite on the schedule. That I made for myself last night. It is just very common. Let it be there. Oh, okay. I feel guilty. I'm not using my time as wisely. That's fine. We can just feel a little bit of guilt.

These are the two ways that I look at guilt, and this is what I learned from one of my coaches who I really admire. Guilt is having two conflicting thoughts. You can have the thought of, I feel really blessed and I want more. You can see what a contrast that is, if you feel so blessed, then you shouldn't want more. We have to start slow down and question where that, where does that come from and why is that the story? Then, think about that for you.

How many times do you say that to yourself? I feel I just love my family and I just, I'm so grateful. I have a home over my head. I'm so grateful. I have a car. I want a new one. I want a new car. I want a nicer one. Do you feel guilty? Okay. That's normal. That's one of the definitions of guilt.

So welcome to being a human. And now label it. Then the second one is denying yourself and of emotion. I heard this a lot when I was professionally quilting. people would bring me their quilts and I would look at the quilt and I would say, oh, it's so beautiful.

I love the choice of colors and genuinely compliment them on the work that they did. And then they would say, oh yeah, but did you see this mistake? Oh, but didn't you just, did you see this? Oh, and then that one block took me so long.

Yeah, so you deny yourself. It comes from some version of, I don't feel good enough about myself.

I don't feel like I'm fun enough or productive enough. It's like you don't allow yourself the emotion of feeling. Whatever that is. And that could be sad and happy. Happy and sad emotions. Let's take a little dive into where, how was guilt modeled to you as a kid? Now, this is the funny thing, and I'm sure all of you have experienced this, whether it's in your family or your workplace,

and everyone has a different take. I'm like, oh no, I don't remember it that way. Even though. I'm this little kid watching my mom do things the way that I interpret her, talking to me. I was very different than the way that my siblings had. . example, my mom, she tried to make chores fun, so she would put them on every different chore on a slip of paper and she'd put it in a basket and we'd have to pick it out sometimes, or sometimes my mom would,

What was the other thing? Oh, she, when we are polishing floors, she would try to make it sound like it was really fun. And, so the, one of the things that I took as a kid was my mom is doing the best she can. But other siblings would say different things. So even though we all lived in the same house, we all interpret. The people around us said.

That's a really important thing to remember is that we all. Have our own take. Although I am Canadian, we get a lot of American influence in the media. There's a lot of different people having a lot of different takes on politics. They're very verbal about it and very loud.

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It's just really interesting to me to see how everyone just takes their own. Their own way. All right. I would just recommend that you would just do a thought download and a thought download is another word for as a thought dump or in other words, it's just everything that's in your head. You put it on a piece of paper. And I recommend you put a timer on for three minutes, five minutes and just say, okay, I'm going to put everything in my head around guilt. I remember as a kid if I didn't do well on a test or if I didn't clean my room enough or I didn't, I told my sibling to do the job that my mom had asked me to do.

I don't know, whatever it is, write it all down. This is the role that guilt played in my life. Now I want you to ask yourself, how often do you feel guilt in your life? Do you feel guilty sitting and watching a show? Do you feel guilty scrolling on your phone?

Do you feel guilty spending money on yourself? Do you feel guilty spending money on groceries? Do you feel guilty? Buying more fabric, do you feel guilty? Having more than three UFO's I have, my friend Cheryl, she celebrates having, I think she's, I think at one point she had 94 UFO's and she was just yeah, it just shows that I'm a super creative person that I have lots of different ideas. Again, You can just decide. How you want to think about the way that you run your own life.

If you are modeled as a kid about guilt and all of that, and those that felt really dangerous to you. Then you're probably carrying that around with you. Like some heavy bricks. Now where guilt lives in our bodies and how it affects weight loss. So there are different takes to this. I just want to be very clear that there are a lot of different people who have a lot of different opinions and they are allowed. There's a lot of work, coming up more and more, you're seeing how people use the parasympathetic and the sympathetic nervous systems that run along the vagus nerve. The sympathetic nervous system is the system that is constantly. Having us be on guard. It's the one that is scanning for danger, right? We have fights, flight freezing or fun. Fun is the people's pleasing response. So it is. Always wanting to make sure that we're going to survive. That we can not be rejected from the tribe. . Our system wants to always protect us.

So it feels like the security guard, or the Watchtower, always making sure that we're safe. If we've got the message that losing weight or getting too popular or being too productive or. Trying to make ourselves better than we are. Maybe if our families are not very wealthy, making too much money feels really dangerous because we could get kicked out of the Tribe. that is a system that's always running. Just like our heart is always beating our eyes, always blinking.

Our hair's always growing. Those are just systems that happen in our body. If we are constantly feeling guilty and we're feeling like we're, disobeying the rules or breaking the rules or whatever that is. Then we are. It's like our cortisol, right? Our stress levels are. Also really hyped up when we have increased cortisol, then of course, that actually helps us. To gain weight and to keep the weight on. Dr.

Jason Fung actually talks about that. He said we don't even have to eat food. To gain weight. Isn't that crazy? It's because the cortisol that goes through our body, if it's like saying, oh, this girl's really stressed out, we need to give her some energy. Like fast paced energy. That

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she can keep up with the demands that are happening for her. And so that's why we gain weight because the cortisol then increases this energy. This rush and it affects our insulin or insulin gets spiked and it's okay, what do we need to do? That there's women talking about our cortisol face. When our body's feeling stressed, we can be more bloated. We can be more puffy because our body is saying we can't be using all this energy because this person might have to fly right.

Or fight or freeze and freeze. And staying still does actually take a lot of energy and then the people are enjoying the fun. That also takes a lot of energy because we're doing everything for everyone else and we're not taking care of ourselves. Okay. So you can see. Like the ripple effects. The parasympathetic nervous system. What that does, is we, are able to be calm. We're able to say, okay, I'm in my higher brain. I can see that this is a problem. I can see that we have some issues, but I also know that I have a history of resolving issues. I can solve problems.

I'm really good at that. And so now we can be in that CEO brain and we can really knock it out. We can be super productive and we can work through the problem.

These ancient healing, holistic approaches. One of the things that is in common with those different approaches is they look at guilt. That comes from. Our uterus, it comes from our. The place where we give birth. And so guilt and creativity. They live in the same place. And so creativity, of course, when we create life, we are creating life. We're making this new life. And I love this quote by Dieter . UQ Dorf said the desire to create is one of the deepest yearnings of the human soul. Our creation place is in our womb. That is where we create new life. Literally. It's interesting to think about guilt. Is the opposite of that. What I want to do. Uh, another.

Guilt lives in that place. Our uterus, which is our lower belly. If you put your hands on your lower belly. I invite you to do that and just say, Hey, what's going on? So if you carry a lot of extra weight, In that lower belly. There's a lot of guilt. Going on.

There is a woman named Louise hay and she has written this book called You Can Heal your life. Over 50 million copies have been sold. You can take everything that she says with a grain of salt, but there's a lot of wisdom and truth behind it. One of the things that she talked about with guilt. Is she guilty?

Pain of any sort to me is an indication of guilt. Guilt always seeks punishment. Punishment creates pain. Chronic pain comes from chronic guilt. Often, so deeply buried that we are not even aware of it. Guilt is a totally useless emotion. It never makes anyone feel better nor does it change your sentence is now over. Let yourself out of prison. Forgiving is only giving up, letting go. Then she actually talks about how weight loss is, this need for protection, which makes it actually goes with that. How it works with guilt. If we are feeling a lot of guilt and we're not processing it and we're not recognizing it, we're shoving it down. We are going to start accumulating more.

What weight in that area? What she says about being overweight is she says overweight represents a need for protection. We seek protection from hurts, slights, criticisms, abuse, sexuality, and sexual advances. From a fear of life in general, and also especially

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specifically. Take your choice. Then she talks about how she's not a heavy person, but when she's feeling. I am insecure and not at ease.

She will put on a few pounds. When the threat is gone, the excess weight goes away by itself. I agree with this. When I lost 30 pounds and then I lost the last 20 pounds when I had no expectations. I was just loving living my life. She said, Fighting fat is a waste of time and energy diets don't work the minute you stop the way it goes back up. Loving and approving of yourself. Hello, this is my theme song. Loving and approving of yourself.

Trusting in the process of life and feeling safe because of the power of your own mind makeup and the best diet I know of. Go on a diet from negative thoughts. Your weight will take care of itself. So when you control your thoughts, You can be empowered. Like she's speaking my language and it's interesting because I never read this book. I like my process came from my own experience and then the life coaching tools that I used.

Then I love what she said here, too many parents stuff, food in a baby's mouth. No matter what the problem is, these babies grow up to stand in front of an open refrigerator saying, I don't know what I want. Whenever there's a problem, guilt is a totally useless emotion.

It never makes anyone feel better nor does it change a situation. I love that she said that the uterus represents the home of creativity.

When you go to bed at night. When you wake up in the morning when you're having a shower. Or whenever it feels comfortable for you. I know it's going to be a little awkward at first, but I do encourage you to put your hand on your belly, your lower belly, and just say, Hey, what's going on? How are you doing? When you can acknowledge that guilt is just piling up. That's affecting your health. Then, that's going to make a big difference.

So when we, now that we have that information, I really want to encourage you to, like I said, put your hand on your belly. And say, Hey, what's going on? And then pause. Actually listen to what your body's going to respond to. Our body holds emotions, our body. Is there to help us? When we can put our hands on our belly or wherever we are we can get so much information and we can get that feedback right. So one of the life coaching tools that I want to just share here and it's in the handout. I've started a guideline for you but we talk about the manual.

When I was growing up, the manual said your house has to be immaculate, clean, organized. There is no space for any sort of disruption whatsoever. You can not go to bed without having a clean kitchen, a clean house everything has to be put away. If you don't do that, you're a terrible person. I've shared this before in the past. Where I went to a very amazing, incredibly talented woman.

We went to her house and I was shocked because her house is messy. I was 10. I was shocked. I didn't think that you could be a good wholesome person with a messy house. I actually didn't think that was possible. It was very confusing to me because of the manual. That was given and shown to me as you have to have a clean house to be a good person. I also have an aunt who sleeps, maybe one. Maybe three hours a night. Because she vacuumed her house 5, 6, 7 times a day. Just dusted and cleaned and polished.

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And she ironed all of the clothes. She ironed all the sheets. She ironed everything.

So this was modeled to me. I

When you understand that other people have different rules and they have different ways of living, then you also get to make that decision for yourself. But you can write your own rules. You can make your own manual. You can create that for yourself. And when you start doing that. To game-changer. .

You have to be willing to do it. So this is where, so I have it on the worksheet here. Start now by writing down what you really want in your life. Like when people build a new house,

I want to have this color in the kitchen. I want to have this color of wall. I want to have this kind of flooring. I want to have this kind of layout. Just like building a new house. Just like building a new life, there are going to be some restrictions. Like you have taxes. And there's sometimes like building restrictions. We have different people in our lives and we can't choose mother-in-laws.

We can't choose the way our husband reacts to certain things. We can't choose the price of groceries. But we can choose how we want to react to all of those. I've got a bunch of different ideas here, like strengthening relationships with husband, kids, and friendships. Volunteer a certain amount of hours. Legacy time, like, how do I want to contribute?

Do I want to, like how much time do I want to devote to hobbies? How much time do I want to devote to having Leisure? How many vacation days do I want to take? What about our learning and growth? Like self-development. How much time do I want on that? And so I'm going to just leave this podcast with you with just a few things. To wrap it up. Okay.

I liked the bow. I like wrapping things up in a nice little bow. Just to recap, First of all guilt. It's a useless emotion. It's a good one. That in the fact that it's like a red flag it's oh, I didn't realize that's what I didn't realize I was going down that road. Like pleasing people.

It's oh, I can't believe I just did all that pleasing. That's crazy. Oh, good to know. Guilt is having two conflicting thoughts. I feel very blessed with my life and I want more.

Guess what. You can actually just allow them both. You don't have to push against it. You can just be like, yes. I feel very blessed. I want more. No problem. Because that wanting Dan Sullivan says it really well. He's what you want is what you want. You don't have to feel guilty about it.

You're a good person. You don't have to justify it and you can just go for it. So I love that permission he said. What you want. Must be good because you are a good person. You don't have to justify any of it. Okay. So permission was granted there. And then the second reason we feel guilt is denying ourselves of an emotion. Oh, I'm not that good.

If not, you just don't, you don't accept those compliments, so you don't allow yourself to believe that you're as awesome as you actually are. Okay. So now we're just going to stop

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doing that because. That's not helpful. No one wins and everyone loses when you roll around in that. Not helpful.

You can just make a commitment to stop doing that and work on that. Then I want you to look at how guilt modeled you as a kid? And then you can just make peace with it. I come from a very long line of martyrs.

And they use a lot of guilt. As motivation. The last thing I want to just reiterate is an invite. You actually, I want to invite you to make a rule, your rule book. You have to start with what you want. Then you can work towards it. If it helps you to write down what your current real book is, that's great.

That's called the manual. We can edit that. That's another podcast. But what I want you to do right now is say, this is what I want my rule book to look like. Then you can strive to work towards that. It has been so awesome to share this with you.

This is coming out on August 15th. And the month of August, we of course, had been working on two pounds a week. In our program. Doing emotional work is the only thing that's going to help you. To make it stick. Anyone can use willpower. Anyone can white knuckle it for a while. But when you did this emotional deep dive. In my program. Then you are going to be able to guarantee two pounds. A week and I have a money back 20 pounds and 90 day money back guarantee.

It's amazing. Stop saying I'm going to sign up later. Because. I have seen so many women who keep saying I'm going to do it later, Dara. They come to my free training sessions. And they get really excited, but then they don't show up. The people that did join and they did show up. It's a year later.

It's two years later and they're down 50 pounds. 50 pounds is a lot of weight for your hips, your knees, your heart, your arteries. It's because they finally just said, okay, let's go.

Those people who are carrying around that 50 extra pounds, It's hard, but the people who took off the 50 pounds, it's hard to, but at least they know that they're making the changes. Sometimes we need a little bit of that kind of mama to talk to you. Are you ready? There will never be a perfect time. I promise. But the best time is always right now. So let's go. I will see you. In the membership. If not, of course, I always see you every week on my podcast.

If you want more help with learning about your body and how it's changing, Through menopause, perimenopause, through whatever it is, my program is focused on helping you truly become your own best expert. So as we go through August, we're really diving into how to lose the physical weight when you focus so much on the mental.

I have an incredible program for that coming in August. So there's so much to look forward to. You truly can make your own transformation and I love helping you find that inner knowledge and wisdom that's just waiting for you to unlock. So that you can create permanent change for yourself.