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My Mind is Playing Tricks on Me

This week is when I would normally do my monthly weigh-in. Since I'm going Scale Free for the Summer, I am skipping the weigh in. I have to say, this process has been a lot harder than I thought it would be. I thought not having the scale dictate how I feel about myself would be an enlightening, liberating experience. So far? I'm having the opposite reaction to going scale free. Instead, I feel like the scale has MORE power over me and my moods than ever.

I thought I was just going crazy. Then Lori said: "You know, I was finding all kinds of ?flaws? with my body when I stayed off the scale. It?s almost like we need to find something else to focus on."] It was nice to hear that she went through something similar, and that maybe it isn't all in my head.

My mind can play tricks on me. During that time of the month I can feel like I've gained 10 pounds. Have I? Most likely not, but the mind can trick us. Most of what gets in my way is what goes on in my head. I never thought I'd want to try to swim 2 miles. I knew I could do it physically, but when it came to the mental part of doing something like that I hit a wall. I struggled mentally to complete it. My mind wandered, I talked myself out of doing it, I talked down about my abilities. Why would I sabotage myself? Why would I keep myself from trying something new?

"Limits are most often all in your head."
-- Gary Allen via @RunToWin

I think the Portland Century bike ride this August will be a challenge for me in a lot of ways. Sure there will be a physical challenge because no matter how GREAT in shape you are, 100 miles sitting on a bike is gonna hurt. But I think the biggest challenge for me will be the mental wall I have.

A few weekends ago I biked 40 miles and felt great. I was able to sit on the bike for hours, my legs felt good, but my mind started to weaken towards the end. We were probably 8 miles from home but I was DONE. I was ready to be home, ready to get out of the saddle, ready to just stop. Those last few miles were the hardest of the 40 miles because mentally I had checked out.

I never had a mental block when I was trying to lose weight. I was focused. I was GOING TO LOSE 100 POUNDS! I was determined and there were no other options. **So how do I get over the mental barriers I keep setting for myself? And why is the scale holding so much power over me even though I haven't stepped on it in a month?**

I wish I had some answers. The only thing I can tell myself is to be persistent: if there's a challenge facing me, tackle it head-on and stop procrastinating!

QUESTION: What mental barriers are keeping you from doing something?