

Why is beating yourself up OK?

This article is a flat out vent that I know everyone can relate to because we've all been here at some time or the other (me included). Hopefully you'll be able to take time to reflect on what your thought process is and what you're telling yourself because I'm a big believer in your thoughts become your reality!

I'm getting really frustrated by the amount of people that think that it's ok to treat themselves like crap, that think it's ok or cool to put themselves down and beat themselves up for the things that they can't do. Rather than actually taking a step back and giving themselves credit for the things that they HAVE achieved they get more of a kick out of being negative and making those events so insignificant because they're too busy telling themselves how much they suck at everything else. Like seriously guys – glass half empty perhaps?

Every week without fail I'm told by people they just CAN'T (*and no it's not the same people every week & No I'm not only talking about you if you're feeling self conscious ;)* hehe. I hear so frequently about how they can't get motivated, they can't find the time, they can't run, they can't lose weight, they can't be bothered, they can't eat right... the list goes on! So right off the bat – yes you CAN do and achieve those things however YOU are choosing NOT to! You're choosing to spend your time doing other things, you're choosing to eat poorly, you're choosing to not be bothered etc. Yes I agree that it's not always going to be easy, but please stop taking an easy 'cop out' by saying that you can't when the truth of the matter is you're choosing not to!

The other theme/vent for today is about how I hear about all of the unrealistic expectations people put on themselves to achieve... I should be fitter by now, I should be able to lift 100kg, I should be a better runner by now, I should feel better about myself... etc. The frustrating thing for me is that these people are ALWAYS so much stronger, fitter and healthier than when they started yet they don't bother to actually acknowledge how far they've come (or they don't realise how unfit they were in the first place!) Instead they have such an unrealistic expectation about what they should have achieved by now which quite frankly isn't even possible with the minimal training/diet changes they've put in place!

It's amazing the number of people that chose to focus on all of these negatives and dwell on them. They're constantly berating themselves about all the things that they're not good enough at and don't bother to actually look at some of the real things they have accomplished. Rather than taking stock and going "wow this week I didn't eat chocolate", instead they'd beat themselves up and say but I didn't go for 7 training sessions this week! Yes some people literally expect that all of a sudden they should be doing 7+ training sessions per week & if they miss one they're a failure! I really just want to shake these people and get them to snap out of their negative and sabotaging actions. They are setting themselves up for failure & flat out ripping themselves off!

Part of the reason that I struggle to deal with people ripping themselves off is because of the lack of respect people show themselves. It's ok every now and then to give yourself a stern talking to because we all take things for granted and at times we need a swift kick up the bum. However if you put yourself down and talk negatively about yourself for the majority of the day, then in my opinion of course you will fail!



Have a think about this situation.... If your friend or family member was in the exact same situation as you (trying to be fitter, lose weight etc) would you honestly judge them as harshly or chastise them as much as you do to yourself? Would you really sit there and let them tell you how crap they are, how much they've failed, how terrible they are and agree with them? So if you said no, then why is it ok to treat yourself so badly if you wouldn't treat someone else that way? AND if you treat yourself that badly, how can you really expect to get results? I know if I kept getting "kicked in the guts" and told "how much I sucked" that eventually it would wear me down & I'd quit!

My other major concern is the unrealistic expectations that people have. For some stupid reason people get sucked into this "I should be a superhero" mentality and anything short of that means I'm a failure. It's so ridiculous and it's so unrealistic that it just makes me cringe. The biggest misconception I get on a regular basis (like literally on a daily basis) is about running. "I'm not a runner"... "I've never been a runner"... "I find running hard"... "I suck at running" So straight up to everyone that has ever bothered to mutter those dreaded words, what exactly is a runner in your perspective? Let me guess, it's someone that runs gracefully, they run fast, they run without effort, they don't sweat or puff, they can hit a gigantic hill and not break stride, they run long distances, they've got great technique, wear skimpy outfits and look hot. So in short were talking about athletes (or fitness fanatics on some level).

So here's the reality check, how often do you ACTUALLY practise to run like that? How often do you really train to be a runner? Just because you do a run at Group Training or go for a weekend jog doesn't qualify you to be a runner by the above definition. Those 'runners' are literally TRAINING to be runners. They go to running and athletic coaches, they do numerous running drills on a weekly basis, they change up the distances they run, the surfaces they run on, they are constantly working on their technique, they replicate their training environment so they can improve, they monitor their eating, they monitor their training, they have the right equipment for running etc. Now of course there are some freaks in the world that find running easy, but guess what the **MAJORITY of normal people DONT find it easy!** The main difference is the ones that make it look easy, simply choose not to bitch about it and I can guarantee you that they do a LOT of km's to make it "look so easy"!

If you're not training regularly to run (x distance) why do you assume that you should be a good runner? It's the same as expecting to be able to lift 100kg if you don't bench press weights on a regular basis or have a plan to reach that goal. It's just crazy! So why for some stupid reason do we allow ourselves to get sucked into thinking that we should look like "a runner" when we don't do the work and THEN we beat ourselves up about not looking like a "runner"?

My final vent (*phew it's almost over!*) is how people set themselves up to fail and put such unrealistic expectations on themselves by pitting themselves against other people. Although most people will never admit it out loud (*hey I've been here and done it myself*) if ever you're in a group environment you'll get sucked into the trap of pitting yourself against someone else. 9 times out of 10 that person will be the fittest / strongest / fastest in the group and absolutely nothing like you (accept maybe they have the same hair colour) but hey you should be able to beat them or stay with them right??!



Again this attitude and choice that people make really bugs me because it's such a waste of energy and people are setting themselves up to be sucked into a negative downwards cycle. **Why would you choose to set yourself up to fail** like that? Besides the person rocking up at the same time as you they have absolutely NOTHING in common with you. That person isn't you, they're not in your situation, they don't have your lifestyle, your sleeping patterns, you're eating patterns, your stresses, your lifestyle, your metabolism, your family life and pressures, your training background, your fitness levels, your injuries ... do I really need to continue? (and yes every one of those factors WILL affect how you train!) In fact they are NOTHING like you at all so why on earth would you even compare yourself to them?

I think sometimes people think that if they beat themselves up & complain that it makes it all ok. But just because you complain to someone that you're not 'fit enough / fast enough / skinny enough' doesn't change it – nor doesn't it make it ok for you to stop working towards it. I think it's a really easy option for people to beat up on themselves and make themselves feel crap because then it's easier to quit. It's easier to find excuses because 'what's the point... I'm not good enough anyway'.

So to finish up I'd love to throw a question out there (particularly to you if you're a person that beats yourself up)... **Does it actually make you feel any better?** Does it actually make you work harder in the moment or at the next workout? Do you actually alter your expectations realistically as you progress or do you still beat yourself up? (I've seen it time & time again that as people improve, their expectations get crazier and crazier). Really, be honest with yourself. By telling yourself you suck how does that improve your performance?

If you've thought about it and realised that it doesn't help, then maybe it's time to make a change?

One of my favourite quotes is: If nothing changes, THEN NOTHING CHANGES!

So my vent is now complete and I'm going to hop down from my soap box (or is that an exercise step). I hope I've given some of you out there some food for thought and stirred up some emotions☺. I believe that the majority of people are already on the right path. Of course there are always things we could "tweak" or "do more of", but overall with our hectic lifestyles I think that those people are doing **really well**. It's my wish that you guys could see what I do and start believing in yourselves! Start being proud of what you've accomplished, set yourself some fantastic goals to achieve because I really think that with a little hard work, consistency & dedication anything is possible! So no more letting yourself get away with the negative crap ok! Choose to take life head on! ☺

At the end of the day, you're the only one that can change your life & get the outcome that YOU want!

Don't wait for it to happen – MAKE IT HAPPEN!

