DOES IT STILL FIT?

by Linda Fiveson

I recently found some old (25 years old) clothes that I forgot about. My first thought, looking at the outfit was, "I wonder if it still fits?" The only reason I had that thought is that during my entire obese life, what I wore was determined by how fat or thin I felt on any given day. Yes, the clothes did still fit, but my fat brain still had to wonder.

I can remember vividly how often I used to think to myself, "I have nothing to wear." I'm sure many of you have had that thought from time to time. It wasn't because I didn't have clothes; it was because nothing fit. The freedom of having a "user-friendly" closet can make your mood better than any anti-depressant you may think you need when nothing fits. So many people tell me that they wish they had dividers to organize the amounts of different sized clothes they have in their closets. You know, for the thin days, the fat days and the in-between days too. And what about an emergency day? An unexpected party day?   Is your closet "user friendly?" Meaning, do all of your clothes fit? Are you adding to the wardrobe you already own, or just replacing clothes that are getting slid to the back of the closet. (Of course, we are not throwing anything away, because we will fit into them again one day), But when?

The ordeal of getting dressed can put many of us in panic-mode if we haven't been eating properly. How many times have you put on at least four or five different combinations of clothing trying to make an outfit look good? How often have you been surprised that what fit last month is too tight now?   Typically, we could have four different sizes of clothing. What's sad is that the anxiety of our closets can create chaos in our brains.

We know we want to wear something in the closet but we're afraid it won't fit, so we wait until the last minute to try it on. Why is it a surprise that we now have to settle for the clothes we didn't want to wear in the first place? Procrastination is one of our worst enemies.   Our minds are always negotiating with every morsel of food that enters our mouths. It's more work when we're eating badly than it is to eat healthy. Things like refined carbohydrates and sugar are the worst offenders. If you think about how simple it would be to just remove a food category like one of these from your diet rather than count, measure and weigh what you are eating you'll be pleasantly surprised. The freedom and happiness you will feel the next time you go to your closet and select some "old" outfit will certainly outweigh the pleasure you <u>think</u> you are getting from the foods that make you gain weight.

Did you ever think about giving away the clothes that don't fit? I never could, I always hoped I would be able to wear them again, If I lost weight. Usually, I just gained more and the process of replacing the old clothes with new continued,   But if you think about it, having a "one size" closet could allow you choices, variety and the greatest sense of validation.

We can be so successful in so many areas of our lives, but it seems that what makes us the happiest first is how we feel about ourselves. Since getting dressed is the first thing we do, it will be so much easier without the insanity of the daily "Does This Fit?" routine.

If you are stuck in this daily ritual with your clothes, don't put off what you know you eventually WILL HAVE to do. Think "just do it", not "I'm going to do it. Only concentrate on getting through a day, not a week, month or longer. Time passes quickly and losing even 5 pounds will make a big difference in how your clothes will look.   5 pounds equal the size of 20 sticks of butter, now that will give your clothes a little wiggle room, don't you think?

Remember, I always tell my clients "If You Swallow It, You Own It".   Even a bite counts.