

## Full Plate Podcast Transcript

### Episode #113

## You Don't Need to "Define a Waist" with Dacy Gillespie, Anti-Diet Personal Stylist

00:00.00

Abbie

Welcome back to another episode of full plate. It's Abbie and I'm so excited for today's guest in today's conversation and I'm going to get us right into it. I have Dacy Gillespie on the pod today and I'll read Dacy's bio so we can hop in. Dacy is a weight-inclusive anti-diet personal stylist who helps her clients reject fashion rules and ideal standards of beauty imposed by the patriarchy white supremacy and capitalism so that they can uncover their authentic style through their work. Building a functional wardrobe day's clients make a mindset shift from thinking they need to wear what's flattering. Can't wait to talk about that to unapologetically taking up space in the world after a lifetime of jobs in highest stress careers that didn't suit her highly sensitive introverted personality. Day started mindful closet in 13 in an attempt to create a more emotionally sustainable lifestyle her work has been featured in Forbes and real simple and she is a frequent podcast guest Daisy is married and has 2 boys ages 5 and 9.

Hi Dacy!

01:09.35

Dacy

Hi, Thank you. So great to be here.

01:12.98

Abbie

So happy to have you here. I was telling you off mic that this is just so present in my everyday life with clients so much and it's such a needed conversation and I'm so grateful that you're here and even more grateful that you are just. Doing this work because it's just so important.

01:36.43

Dacy

Thank you? Yeah I mean um I'm I'm it's something I love talking about. So I'm happy to do it anywhere anyone asks.

01:40.59

Abbie

Oh Orre going to dig into all of it and before we do that I have to ask my usual question which is what's on your plate so food and then lifewise.

01:53.90

Dacy

Um, well, it's so funny that you asked this question because I mean this happens sometimes but right now I'm really hyper fixated on a meal. Um I've had it for the last 4 meals in a row.

Um, and it is like soy sauce. Ah, you know, fried egg with some kale and some um like sushi rice um with like some chili crunch on it and it is. It's just delicious. I Love it. So I've been eating that a lot.

02:24.46

Abbie

It sounds so incredible. It's funny that you mentioned that particular meal because last night on my group coaching call. We were talking about the concept of satisfaction and kind of like Umami and tastes textures right? and. That came up as like those flavors I mean and you just even mentioned the chili crunch I mean it's amazing. What it does is to just add a little layer on there of something different and I mean I'm sure that without that it just wouldn't be the same for you.

02:45.10

Dacy

Um, when.

02:51.52

Dacy

Ah.

02:56.82

Dacy

Yeah, yeah, no totally. It's good. Yes, it's like you fry the eggs in sesame oil and splash some soy sauce on there while they're cooking. Um, yeah, and then the rice and the egg is runny and it's just like it's really making me salivate right now.

03:01.79

Abbie

Ah.

03:14.14

Abbie

I am too. I Love taking the approach of satisfaction with food and like that meal to me just sounds. I mean the reason I'm salivating right now is because it sounds so satisfying, something that would leave me very happy and fulfilled. Um.

03:23.88

Dacy

Are.

03:30.22

Abbie

And I'm already thinking about the parallels between a satisfying meal and a satisfying outfit. Ah but right? Um, anyways, we'll get there but um so many parallels between these things food and and our clothes. So.

03:37.40

Dacy

Um, moving now. Yeah.

03:48.10

Abbie

Okay, lifewise.

03:49.84

Dacy

Yeah, so this is ah kind of a tough question for me to answer because I I have a lot on my plate but at the same time It's a big priority and value of mine to make sure that there's. A light of white space in my life too. So you know my life is really full I love my work I am it's going very well I you know have 2 kids and and you know a partner and so there's a lot of activity going on. Um. But really every day I make sure to have at least an hour if not to you know while I'm alone in the house which is such dear time to me um to just relax like to just like turn off the computer like I actually need to lay down in my bed and just you know. It might be reading a book. It might be watching a show. It might be honestly scrolling Tiktok but like I just need that downtime.

04:37.41

Abbie

Ah.

04:44.90

Abbie

I Love that you describe that as white space because that is so perfect for this analogy of the plate right? like there's got to be a little room on there for you for you I'm glad you gave examples too because I think.

04:55.40

Dacy

Um, yeah, yeah.

05:02.20

Abbie

I Think we all need that time and then struggle to like figure out what it is that we need in that time to really you know fill our cup are you watching anything or reading anything particularly great right now.

05:08.14

Dacy

Um, yeah, um, ah, a lot of things but it's funny. You know that we're we're on a ah podcast where we're talking about food and desires and um. Just love food shows like I'm I just love well I love food and I love shows food and um, so what I was watching today before our call in

my little downtime um was next level chef which is a show like a competition show with Gordon Ramsay and Richard Blazé um

05:29.30

Abbie

Hard stop. Ah.

05:42.75

Dacy

And there's a female chef and I'm facing on her name. But yeah, it's it's something like that. You know most of the time.

05:46.57

Abbie

The speaking of satisfaction those shows are so satisfying like in all different ways I love cooking shows I love them I did have you always have you always enjoyed them. Yeah.

05:54.92

Dacy

Um.

05:59.67

Dacy

Oh yeah, yeah, yeah, yeah, I'm trying to remember yeah way back when like on Pbs like when I was a little kid. Um god I think his name was Martin Yan some of your like might remember I mean this is like 80 s 1980 s um.

06:13.30

Abbie

Um, yeah, yeah.

06:16.88

Dacy

And then yeah there was ah a guy named Ming Si who was also on like the early early food network and I was was really obsessed with him I went to his restaurant like had him sign my cookbook like yeah.

06:28.40

Abbie

What is your favorite part about those shows like about cooking and food shows.

06:35.47

Dacy

It's it's such. That's such a good question because I often marvel at the fact that like it's a show about something that I can't necessarily experience like I don't get to taste that they're making. Um, so yeah I don't know I that's a really good question I mean I love the.

06:42.64

Abbie

Who.

06:53.57

Dacy

Process watching and and that the ironic part of all this is I don't love cooking So I love watching I know the look on your face right now. Um, so I love watching kind of the process of watching of coming you know seeing a plate come together I Love the visual aspects. Um I Just love imagining the taste.

06:59.18

Abbie

Ah.

07:03.22

Abbie

It's amazing. Yeah yeah.

07:12.72

Dacy

Um, and then I Love you know I love when I have a chance to be able to like go and eat food like that.

07:17.24

Abbie

Yeah, it sounds like it gives you that sense of you know, something going from nothing to this really creative end product. You know which I can kind of understand how it relates to what you do too. You know it sounds like that kind of thing lights you up anyways like a blank canvas right? Yeah, they're so soothing you know I feel for me I think it's like you don't have to pay attention to the plot or the like.

07:36.62

Dacy

Yeah, yeah, very good. Yeah for sure.

07:51.71

Abbie

There is not any kind of confusing dialogue. So your brain gets to take a back seat a little bit and then your senses are just kind of experiencing it. It feels more gosh. It feels more somatic and embodied for me in this really weird way, I don't know if that makes any sense.

07:53.89

Dacy

Was who.

08:04.30

Dacy

Yeah, yeah, it does make sense and that all makes sense just for me and what kind of I like to feel and all those kinds of things.

08:10.58

Abbie

Yeah, yeah, yeah, yeah, yeah, and I know if reading your bio I mean we seem to have a lot in common like you're kind of emotionally sensitive and highly sensitive and I always kind of wonder if those kinds of shows just really cater to that type of you know.

08:29.00

Dacy

Yeah.

08:29.45

Abbie

Personality too. So well thank you for sharing that I hope. Um, yeah I hope everyone listening can clear a little clear little white space for themselves today. Dacy inspired you I hope so. You know I want to one of the things that I'm so curious about I mean I so I have a list of so many things I was telling you that I want to talk about which I'm fully prepared to be in the grief after this episode of not getting to most but the thing I wanted to start with is really what got you here I know you mentioned to me you were. You switched careers which you and I have in common but I'm curious. What attracted you to personal style in the first place and then of course I want to hear more about how you went into this niche of you know.

09:14.81

Dacy

Um.

09:23.00

Abbie

Dismantling the patriarchy and white supremacy and diet culture inherent in fashion. So kind of a big big question but I'd love to hear more.

09:33.60

Dacy

Yeah, for sure I mean I can't remember a time when I wasn't interested in clothes I mean I really you know was a child who was acutely aware of it. Ah, which in my case was not so great because I grew up without a lot of money and my parents certainly ah. Because of the financial restraints weren't able to get me other things that kids were wearing. But even if they had had financial resources I don't think they would have because they really felt like caring about that was very superficial. Um, and so that was the main message that I got kind of from my family growing up was like if you care about this stuff. Um, you're just wasting time and energy. You could be using to like make the world a better place or to like help

another person and so I felt a lot of shame about it actually for a really long time and. Ah, in fact, I am pretty convinced that if I hadn't been getting that message that I probably would have gone into some sort of field in fashion. You know for college. Um, but I didn't because I really felt the pressure to live up to my parents' expectations in some way and so I didn't and so. You know I went into um, a classical music career which I was mentioning to you before we started recording and um, you know did that in various different ways until my mid 30 s and and basically I got really burnt out and I was talking to my therapist and she was saying you know? Well what about fashion you you.

11:00.89

Dacy

I mean like literally my therapist knew that I loved close. You know like it was like a big part of my life. Um, and and my first response was like I can't work in fashion I'm not cool enough. Um, you know my second kind of reaction was like people would laugh at me like this is like. People would say who does she think she is like who would take advice from her. Anyways, you can tell there's lots of issues that I was working on in therapy. But um, eventually she said well what did people come? What do you love that people also come to you for help with and that kind of finally got me to. Open up to this possibility because I couldn't argue with the fact that like since I was a you know tween somebody had been asking me for help with their clothes. You know whether I was like cleaning out my mom's closet or you know shopping for my sister or friends or you know in college like just kind of being the person that people came to for that kind of help. Um, you know that had again. Just everyone knew that that was like a big piece of my identity and of my interests. Um. So so essentially basically you know I was lucky and privileged enough to have the support of my husband. Um and he said like you know you know first after researching all the fields in in fashion and realizing I did not want to be.

12:27.53

Dacy

In some other high-tress situation I did not want to be a marketer or a publicist or a designer or you know all these various things and I realized that kind of what I had been doing really fell under this category of personal stylist. Um, and so yeah, we decided to like give it a try for a year. Um, and that was eleven years ago so

12:49.34

Abbie

It's so interesting to me I'm what do you think it was about particularly about personal style that like being a personal stylist that that you were drawn to.

13:00.88

Dacy

Yeah I mean that was yeah as I said there would have been no other field in no other like segment of the field that I would have gone into um what I love is connecting with people one on one I Love learning about people's lives.

13:04.64

Abbie

Yeah, yeah, so. Yeah.

13:17.28

Dacy

I Love hearing about what they like and want and and desire. Um and then you know it's so gratifying when you're able to like present someone with an idea that hasn't occurred to them and then they have these kind of like Mind-b Blown Moments. You know where like oh. Literally never thought about the fact that you know I could choose not to belt this dress I was told I always had to belt this dress or whatever the thing may be um and and again you know I Love the.

13:35.85

Abbie

Here.

13:49.62

Dacy

The creative aspect of it where I'm I'm literally getting to work with clothes all the time I get to shop as part of my job and I get to like you know, especially the way that it's evolved now is I really get to help people I see my work now as a way to practice listening to your inner inner self. Um.

13:53.71

Abbie

Yeah.

14:06.11

Abbie

So.

14:08.97

Dacy

Starting to practice listening listening to that. Um internal voice. Um, and I Yeah I Just really love that I Love sorry I'm babbling a little bit but it's you know it's It's great I mean I Just really love helping people take an idea that they've been taught and. And learn to look at it critically and say like is that what you want is that really what you want to have um or to wear and and kind of being able to as I said kind of open their eyes to other possibilities.

14:41.87

Abbie

I Resonate with that a lot um in what I do too. It's It's a really incredible feeling to help people get more in touch with their authentic self and and disconnect their wants needs desires From. What they've always been taught to want need and desire who they've been taught to be and I hear that come through so much in the work that you're doing and I mentioned I wanted to hear more about the Connections. You've found between. Dial fashion clothing



and patriarchy white supremacy. All of these all these systems of Oppression. We're talking about them all the time on this podcast and when did you start seeing the connections. How did that happen.

15:27.10

Dacy

Um, hello.

15:33.19

Dacy

Um, I mean I think that I mean I Really I was raised in an activist household you know, definitely lots of feminist ideas. Um. I think that I've probably always and I think that's where so part of the shame came from as well about liking clothing was knowing that it had kind of been used as this tool for you know, female oppression. Um, yeah, exactly and and you know, Ah, again, this idea that.

15:52.45

Abbie

Yeah, the male gaze and just that idea of yeah.

16:04.70

Dacy

That was really drilled into me that that that caring about that means that you are somehow less important you know in the world. Um, and so yeah, oh yeah, oh absolutely.

16:10.56

Abbie

Was there like a sense of like I'm vain or something was that Also yeah, yes, they're just yeah.

16:17.48

Dacy

But I mean that you're just you're giving energy to something that doesn't matter in the world and of course over time I've come to realize and come to acknowledge and finally value that actually it does matter. Um for some of us more than others. But um, yeah I mean that's that's another topic. But. But yeah I mean so I think I've always kind of had that awareness. Um, and you know what? What really kind of put it into focus for me was when I did start the business and I did start working with women. Um you know. Just over and over and over I would hear the same thing like when we would talk about defining their style. They would say why can't wear that because my Xyz body part wouldn't work or you know when we are talking about cleaning out their closet. They'd be like well I'm holding onto those clothes because I'm going to get back into those one day. Or when we're talking about shopping them saying well oh god no I could never buy that size. You know so it just it just came up in literally every aspect. Um and so over time I just started kind of pulling. More of those ideas into the work that I was doing with women like ok um, you know why? do you think that you've been taught that you couldn't wear that kind of style like where does that message

come from and can you see how it was either encouraging consumption or you know keeping you.

17:45.82

Dacy

Busy with this idea of changing your body and you know you know all these kind of or can you see where it's coming from the idea that you need to please the external eye or the male gaze. Um, and so that. Has become like really my favorite part of all of it. It's kind of what I was explaining before but basically like reexamining every aspect of getting dressed from that lens and then tying it all in because it can all be tied. You know I mean I talk a lot. Um. About the ladder of bodily hierarchy which was coined by Sonia Renee Taylor and you know we use our clothes as a way to try and move ourselves higher up the ladder you know? and so even that in that sense. It's we're again, we're just trying to increase our proximity to whiteness and to power. Um and it. You know me, you know after years and years of thinking about this. This seems so clear. But I know it's something that a lot of people haven't considered um and so I yeah I enjoy kind of getting getting to that point with them.

18:48.41

Abbie

Yeah, and it's so crucial like you've named so many things that are so central to really getting clear on who we are and how we show up in the world and why you know it's It's ah it's so Gosh. It's so. I hear just the story that you shared about your childhood and kind of feeling like this was some kind of extraneous, vain, or unimportant passion when in reality what you've learned as like kind of what I'm hearing you say is like. This is central to how especially female identifying and female-bodied folks feel like closer to themselves or not and whether yeah, whether their you know their style is reflective of who they are or whether it's reflective of who what society.

19:32.90

Dacy

Um.

19:40.50

Abbie

Has told them to be and how that impacts us at the deepest level something that okay so you named a bunch of things. But in particular 3 things really stood out to me that I'm hoping we can dig into because they come up honestly without fail in most of my conversations with my clients about.

19:42.81

Dacy

Yeah.

19:59.86

Abbie

When we're thinking about body acceptance, body neutrality, and really like deepening our self-compassion when it comes to food and allowing our body to be what it will inevitably be. We come up against our body changes. As it always will throughout our whole life time and again, but somehow somehow our clothes can't change like they are. We start to accept like okay my body's going to change but like then we come up against this huge barrier of I have this wardrobe.

20:28.90

Dacy

Um, above one.

20:36.25

Abbie

Oh My God What am I going to do right and you name 3 things that I want to dig into so number one was ok going up a size changing sizing and how that affects us our identity. The shame. I've seen it send people all the way back into a tailspin into disordered eating. You know, like right? So Let's start there, then I'll go back to the other ones but can you talk to us and help folks, I mean if they're struggling with this concept of size.

21:07.45

Dacy

Well.

21:16.60

Abbie

Size of clothes which gosh it's so arbitrary I could just ah, but yeah, can you talk more about this struggle? Why you see it show up and how you help folks with it.

21:27.54

Dacy

Yeah I mean I think you know what I always want to kind of bring people back to is that. Ah, there is a lie that has been told to us by Marketers By. You know, weight loss companies by media that bodies shouldn't change like just flat out that's the rule and should your body get Unruly and change your entire focus. You know what should be on your plate you know should be only trying to change your body. Back into something that it was like that should be your whole focus of of your life because how could you have let your body change when in actuality and reality the biological nature of our bodies is that they will always be changing as you said you know our but we wait.

22:02.56

Abbie

Um, and.

22:19.60

Dacy

You know we we acknowledge it and we accept it up to about age 12 or 13 but humans don't stop. You know, changing and growing and evolving at age 13 or 18 or 25 or whatever point it is where you think your body was the the right body to have. Um, of course some people you know have never been able to um, access that feeling if their bodies were kind of not deemed appropriate at at any age but you know it's just it's just completely untrue. You know we we have this huge change at puberty um, and then we have this huge change at menopause. And you know I don't know about you. But I mean I'm 47 I'm in perimenopause like until a few years ago literally no one said to me. Well actually no one still has I've just kind of like discovered for myself. Oh yeah, your body is going to do a massive change again. You know, um, my body made a massive change through the pandemic because of the the the the effects of stress on my body. You know I've had 2 children and you don't have to have children for your body to change but but mind did um and again like that's the norm. It's actually very very. Very rare like maybe 1% probably less for a ah what you know a person assign fement birth for their body's not to change like that's very odd. Um, and if that is somehow the appearance. Um, we can mostly assume you know that that person is.

23:53.26

Dacy

Is paddling like hell under the water. You know they're a duck like floating gracefully along the water but they're they're paddling as fast as they can to keep up with that. Um, sorry so it you know it just gets me riled up. It's like well no, actually you know we have to start to look at that lie. And we have to start to acknowledge what the reality is and that is like the first step you know the first step is saying like okay I understand it's it's okay for bodies to change. it's it's normal, it's actually normal. Um. But even when you can accept that intellectually and I'm sure you experience this with your clients all the time you can you can intellectually accept a concept but feel like it's very hard to apply to your own self or your own body. Um, and so you know that does become really hard. Um, but then my focus becomes about.

24:35.36

Abbie

Yeah.

24:45.61

Dacy

Let's talk about what you are doing and how you're punishing your body by not allowing it to have clothes that fit. You know you are really telling your body. You don't deserve this Ah, you're not worthy. Um, I'm not going to take care of you. Um, and when we kind of can see that we're prioritizing that size over our own literal well-being and comfort. Um, hopefully that's something else that shank shakes something a little loose for people. Um. And then you know all the work that you and I both do is. There's a lot of mental stuff going on. But there's very few things that are tangible that we can point to that say this is going to make you feel better. Actually um, and getting clothes that fit even if it is just 3 or 4 things like. If anyone listening has experienced this. You'll know when you put those things on your body literally exhales like there's just a big Exhale like oh I don't feel constricted. Oh This isn't tight. Oh I can move I can breathe I can sit down. You know, um, and. And I think you almost have

to have that experience to understand um to just really acknowledge that like okay I can do this because this feels really good, but it's a hard hurdle to get over.

26:11.77

Abbie

Ah, dacy Oh my God Yes, yes yes I was getting so excited as you talked and like scribbling over here I mean it is. It's so consistent with everything else that we experience in this process of body acceptance. It's like yeah.

26:15.75

Dacy

Um, you.

26:28.88

Abbie

Oh I don't deserve to eat unless I'm exercise. It's like very similar to this idea that like I don't deserve to dress in a certain way unless I'm exercise and to your point. What I heard you talking about is like that. Yeah, that punitive approach. That's so indoctrinated in us right? like and yet comfort is 1 of the most liberating experiences we can have and 1 of the most important ways that we can start to feel peaceful in our bodies you named it like I'm just loving everything you just said because. It is one of the very first suggestions I make to folks when they're struggling with body images like your clothing needs to be comfortable I think it um some like an example I use often and it's just reminding me of what you're saying is like what if you just. We're constantly walking around the world in shoes that were 2 sizes too small where would your focus be the whole day your feet you would be moody as hell, you'd be uncomfortable. You wouldn't be able to focus on everything it would it would impact. You know where you went and what you did and how you felt while you were doing these things and and so we can't expect to to navigate this world in clothing that is constricting that's pinching us. That's you know, even like underwear I talk about like that's something we need to find in comfortable sizes like.

28:02.71

Abbie

But I just love what you said because I think it is one of the most underrated and important things we can do to start to feel better in our bodies like like you said it's so tangible and so when it comes to sizes. You know it's such an emotional experience and you kind of described. Okay step 1 we accept that bodies change and always will step 2 we start to identify how we're punishing ourselves for the fact that that's happening. By not sizing up in clothes when it comes to the actual sizing up. Do you have some like kind of practical reminders or or things like that you help people think through about sizes in general and that emotional attachment to them.

28:51.94

Dacy

Yeah, yes I and I just want to kind of underscore where you were just saying with a couple other things as well. Like 1 example I love your example of the shoes like and how that would

limit you and how you wouldn't really allow that right I mean I think most of us these days would be like well I need to use the fit um another area that that.

28:54.95

Abbie

Yeah, yeah.

29:04.79

Abbie

Right? yeah.

29:11.50

Dacy

That is really resonant for people is if there's a child in your life. You know a niece nephew a friend. Ah would you deny that child clothes that fit would you say oh you're 7 now you better fit back into those 6 year old clothes like it's just it's ludicrous like we would never consider that um.

29:19.27

Abbie

Right? It would be neglect if you didn't right right.

29:29.66

Dacy

Again. So We allow bodies to change at various points in our lives but very few um and then I really want to underscore as Well. What you said about? Um, you know we talk about in our work. Both of us body Checking. Um, and I think that's kind of what you were talking about with the shoes and like when. Your clothes don't Fit. You're constantly being drawn back into thinking about your body. Um, and and that's this exactly? Yeah, yeah, yeah, um, so it's in terms of practical. You know, kind of.

29:48.17

Abbie

Yes, yes, and you are more likely to like look in the mirror and be like oh my God is this pinching me in a weird place and yeah.

30:04.48

Dacy

Putting this into practice. Oh I don't even know where to start. There's so many things to talk about. But you know I think the first thing because we do and I've certainly had many clients who were very very attached to the labels on their clothes I mean I've even.

30:20.16

Abbie

Yeah.

30:22.78

Dacy

I so far as to have a client's partner tape over the sizes on their clothes when they were trying things on. Um but I think you know before we even talk about the specific size that someone is in this is a place too where I want to like.

30:27.36

Abbie

So yeah.

30:39.94

Dacy

Relate this all back to capitalism and consumerism and manipulation and the fact that like the fact that there is no standardization of sizes and that every single store every single brand every single article of Clothing. Within Cult different colors might be a different size should just point out the absolute arbitrariness of any of those numbers or any of those letters you know like the fashion industry is a dumpster fire and we just have to accept that.

31:02.95

Abbie

Totally yeah, totally.

31:15.29

Dacy

I Mean we don't I don't want to accept it but like acknowledge that that's the state of that industry and it doesn't relate to us Specifically it's just an illustration of how messed up it is um and so you know the thing that I want people to work towards is starting to view.

31:18.89

Abbie

Yes.

31:26.45

Abbie

Mm.

31:34.90

Dacy

And this is this is a departure I think because we never a lot of times we don't want to talk about numbers. We don't want to talk about weight but when you were trying to find clothes that fit because of the messed up nature of that industry. We have to start seeing some numbers as neutral, morally neutral just as tools.

31:38.73

Abbie

Mm.

31:53.82

Dacy

Um, for finding clothes and so you know different people will be at different places in their journey with this and some people again are not going to feel you know, equipped to take their body measurements. But if you're at a place in your journey where you can do that? Um, and again try to see them as.

32:01.66

Abbie

Ready. Yeah.

32:11.81

Abbie

Yeah, it's not about your worthiness right? yeah.

32:12.15

Dacy

Unrelated to anything other than just like just trying to find Yeah um and again they you know we we try to remove the morality of them the meaning of those numbers. You know it's just you know and and and an example that's helpful in this way is that? Um, when people are sewing clothing. Um, it really all becomes just about numbers like they're really you know again with sewing patterns. The sizing is totally off what what things would be in stores and so it it really starts to kind of just become this like ah concept that doesn't apply to Reality. Um.

32:32.85

Abbie

Mm.

32:43.15

Abbie

And.

32:46.75

Dacy

But yeah, so that's that's really important and then you know I always want to kind of throw in this disclaimer that um for a lot of people. This is a mental matter of reframing and working through. But for some people is definitely going to be something that. Um, impacts their life in a real systemic way because they might be literally sizing out of clothes that exist and that is a really hard place to be in I have um, you know, definitely you know size ranges. You know, come in in like you know size.

33:07.99

Abbie

Yes, glad you said that? yeah.



33:21.28

Dacy

0 to to 12 is straight sizes and then like 14 to 24 is plus sizes and then above that you get extended plus sizes but but that ends um and it's also I think it's really hard, especially for those clients who are moving from what we call straight sizes 2 plus sizes. Um, they've.

33:27.23

Abbie

And.

33:36.57

Abbie

And.

33:40.50

Dacy

Many I have found you know, really had this kind of ongoing and conversation in their head saying like as long as I'm not in plus sizes I'm fine as long I don't get to that point I'm okay and once they do get to that point which is again a normal natural thing. Um.

33:46.43

Abbie

Yeah, exactly yeah.

33:56.75

Dacy

There can really feel like this sense of failure.

33:59.45

Abbie

Yeah, um I Just want to thank you for mentioning all that because I think there's a lot of privilege in this conversation in terms of like what is accessible and I just want folks to to remember that like you don't deserve to be. Punished for the fact that there are systemic issues right? like you don't have to take that ownership like the goal is to find you things that do fit you comfortably and I know Dacy does a lot of work on that but like also just in terms of being able to express your individual style even if there are some barriers and constraints. And so I do want to go go to that before we do with this kind of size conversation I also wanted to talk a little bit about another big barrier that I see come up a lot which is letting go of old clothes. So like. Your body changes and we're talking about. Okay, we're gonna We're gonna start exploring new clothing. But it also means that a lot of the stuff in your closet. No longer fits you and this is a big kind of shame spiral guilt spiral but also like can. Can really set folks up for a lot of pain if they don't get rid of these clothes because you're just constantly walking into a closet of things you can't wear but we also have emotional attachment to our clothes dacey help us with this help us with this.

35:27.87

Dacy

Well I think on both sides of this issue. The the both the letting go of and the the moving into a new size and getting new clothes. There's and I know you talk about this a lot but there's ah a huge amount of grief that needs to be acknowledged and processed.

35:39.82

Abbie

Yeah.

35:41.99

Dacy

Um, and so you know things that you might be grieving are you know the life you had when you wore certain clothes or you know of course obviously the body that you had when you wore certain clothes. Um, and then the grief in acknowledging that like. Yeah, again, like I might be moving into a new bracket of clothing sizes or or whatever that might be um so yeah I mean that's ah, that's a really big thing that I think we try and clear those clothes out without with skimming over that part and and I don't think we can.

36:14.50

Abbie

No yeah agreed.

36:17.56

Dacy

Yeah, and so it really helps to to talk to someone or to journal it out or or just kind of you know acknowledge to yourself like this is making me really sad. You know like I love some of these clothes and now I can't wear them anymore and yes I know I'm on the right path but also this sucks you know.

36:25.85

Abbie

Yeah, yeah.

36:36.44

Dacy

Um, this is all you know I've learned a lot of this from Brianna Campos and this all you know when I when I say suck it brings. Yeah, her phrase like sit in the sock. Um, and so sometimes when you're getting rid of clothes. That's where you're gonna be for a while um you know and I would say take baby steps and be gentle with yourself. You know you don't need to.

36:40.67

Abbie

Um, love Brie. Yeah.

36:55.71

Dacy

Throw all those clothes in the trash today. What I recommend doing is is certainly moving anything out that doesn't fit today and this is across the board for anyone on whatever type of journey they're on like you should not have anything hanging in your closet that you can see that doesn't fit today.

37:05.65

Abbie

Totally.

37:15.23

Dacy

Um, and if that ends up being four things. Well, that's an awareness that you need to acknowledge that like oh I think I'm having a hard time getting dressed and I'm beating myself up for it but look I only actually have four things that fit like that's not you know it's not my body that's a problem. It's that I don't have the the tools I need um and so.

37:15.52

Abbie

Amen. Thank you? yeah.

37:29.91

Abbie

Yes, yes.

37:33.60

Dacy

That's always my recommendation but you could you could you know, kind of put it in the far back of your closet you could box these things up and put them in the garage. You know there are steps on the way to getting actually getting rid of them. Um, that I think are you know you have to be gentle with yourself and kind of know. How much you're able to do at once.

37:54.73

Abbie

I love everything you said so just kind of to reflect that back. It's like baby steps can really help um the number one goal is to kind of at least get them out of that kind of your sight. Right in your in your closet. So whether it doesn't mean you have to go drive everything you own to a consignment or donation like you can first take the step of just like boxing it up and putting it in another place like if it's just too emotional to get rid of it right? Away. So I just I love that. Um, oh go ahead where you had something else to add. Yeah.

38:29.88

Dacy

Yeah, well I was just can add that. Um you know I think 2 things I want to just give people the permission or give for them to give themselves or permission that it's okay to hold onto things that you loved and you wo you know again, they just don't need to be hanging.

38:35.91

Abbie

Here in here remove.

38:45.80

Dacy

Where your daily clothes hang. You know so I have a full tupper Ma or I always do this a rubber made bin of clothes that are sentimental. Yeah tougher Ma exactly? Um, so you know it's okay to keep some of those and then I think and we also have to um.

38:50.74

Abbie

You say tupper tupper made.

38:57.94

Abbie

Yeah.

39:03.69

Dacy

Again, This is a place to think about how safe we feel and also the reality of whether we're going to have access to other things you know.

39:12.24

Abbie

I think the thing that you just you just sparked something in me dacy like is that I think there is a level of self-awareness and honesty to bring to that and telling our truth about why we're keeping those clothes around right because I think there's also this that tends to be. Unfortunately diet culture has definitely used this as a tool of oppression in the past of like keeping those clothes around as like quote unquote motivation right? to try to fit back into them. So I think bringing some awareness of like why are you keeping the clothes around is it again coming back to that conversation you and I had a few minutes ago like is it punitive in a way like is it. You know, are you trying to deny yourself the ability to let your body change by keeping them there and kind of holding onto hope about them and then the second thing that comes to mind is in all of this conversation. What I think is interesting to explore whether it's about you know. Resistance to getting rid of clothes or changing size or whatever is like just the conditioning we've received and how fat phobic and and all the weight bias we carry in this culture due to all the systems we've talked about and how different it might have felt to you in the past to go down a size. To have to buy new clothes because your body shrunk and how it might not so much be about the frustration about the changing the size but the direction and and so I think that's also helpful to to kind of consider here.

40:37.89

Dacy

In.

40:43.83

Dacy

Yeah now I think that's all.

40:46.50

Abbie

Did you have anything else. You wanted to add on this one. Okay, we Okay I will because I want to make sure we get to this next one which is which I think starts to really get into style which I know is just your bread and butter and that is this other. Kind of maybe I would call it like a limiting belief. Um, that comes up often which is oh I love that but I can't wear that I love that but I could never pull that off it wouldn't look good on me. My I don't have the right body and then similar to that just to kind of like give you a.

41:11.92

Dacy

Yeah.

41:22.71

Abbie

Put you up on your soapbox. Um, the kind of other thing that I hear in that conversation that we have and have to have with so much compassion is this um loss of identity if we feel we can no longer wear. Our style because our body has changed like we feel like we no longer have access to oh like I Love these clothes but you know now that I'm in this body I don't feel like I can pull that style off anymore and so now I'm left with this like.

41:43.64

Dacy

Um.

41:56.59

Abbie

Kind of feeling detached from who I am and my sense of style so I would love to hear more from you on this. This is such a hard 1

42:04.98

Dacy

Yeah, well you know we'll I'll start with the the first thing about this limiting belief of of who can wear what essentially and you know the reason why that can be really harmful is it can really prevent you from understanding what it is that you do like.

42:09.17

Abbie

Yeah, yeah, right? yes.

42:22.90

Dacy

If you base every decision on what you think it's going to look like on your body you're going to be really limiting your options right? and this is why I Really really am so like just so Viciously against anyone saying if your body is shaped this way you must wear this because.

42:23.60

Abbie

Um.

42:40.70

Abbie

Ah, yes.

42:41.92

Dacy

That's what you prioritize over your own preferences or your aesthetic preferences then you're going to end up wearing something that is is arbitrarily related to just the way your body came out shaped I mean that has nothing to do with what you actually might want to wear. Um and so. You know I've been writing a lot about um what not to wear and queer eye lately and um, you know I you know Stacy London from whatnot to wear has evolved on on some things since the show I think she's acknowledged a little bit of the harm that that show did but even still um I want to say three are.

43:04.82

Abbie

Ah, ah.

43:13.80

Abbie

So.

43:19.40

Dacy

Actually it was probably like 2018 or 2019 So it's been a while but you know at that point and I I don't know what she would say today. But at that point in time I heard her on a podcast and the host said you know what's the best way where do you start with defining your style and she said immediately. Her response was well. It depends on the shape of your body and I just like right? yeah.

43:40.29

Abbie

Ah, this is like brings up so much trauma from magazines of my childhood. Do you remember those like they would literally I can picture the page now they would show like different body

shapes and then like suggest the type of clothing you should wear so right away to your point you're seeing the limitation.

43:55.59

Dacy

Um, yeah, yeah, yeah, exactly.

43:58.50

Abbie

Right? away like oh I can only if my body shaped like this then these are the only type of clothes that I should be considering so violent.

44:03.93

Dacy

Yeah, yeah, yeah, it's it's it's really bad and I don't think I realized that again that wasn't something that I realized until I was in this work and talking to women and then realizing the amount of limitations they were mentally putting on themselves. Um, you know it came up over and over and over For instance I had and it wasn't just with larger bodies or or differently shaped bodies. I mean I had this woman in 1 of my group programs who was very small um in all ways she was short and she was you know a so ah smaller body and. She was convinced that she couldn't wear like the boho style because of all its like kind of flowing dresses and things because someone sometime had told her that you can't wear stuff like that if you're petite because it will drown you and so she had been dressing in this very like conservative tailored way when like her.

44:40.75

Abbie

No.

44:56.83

Dacy

Spirit wanted to wear these like amazing flowing peasant tresses and like I just was you know I was just so sad for her I was like you've wasted all these years you know, um, and so you know there's there's a million examples like that. But.

45:10.11

Abbie

Yeah.

45:12.69

Dacy

What I always have my clients do and what I always suggest everyone does is to explore aesthetic styles while trying to keep that inner voice at Bay. It's really hard. Um, but if you look on Pinterest or you look on Instagram or you wherever you you know see clothes.

45:26.98

Abbie  
Um.

45:31.94

Dacy

Um, try and take note of what you like have a little spark of like oh that's cool. You know or oh, that's so cute. She looks so cute and try and ignore that voice that immediately comes up which says what you you said earlier which is immediately like I couldn't wear that I couldn't wear that you know wouldn't look good I mean.

45:46.63

Abbie

Love that. But oh I couldn't ever pull that off. Yeah yeah.

45:50.90

Dacy

Yeah, and so if we can if we can just shut it down in between the spark of excitement and that voice coming in. That's what we want to compile we want to compile as many of those things in whatever way you want to I'm a fan of using pinterest for it. Um.

45:55.30

Abbie

And.

46:02.90

Abbie

And.

46:08.70

Dacy

But that is the only thing that's going to get you closer to figuring out what your personal style is um because again all those as you said they're limiting Beliefs they'll come in and they'll just shut all that down and then your left was just kind of like well I guess I have to wear this um and that just feels really sad to me.

46:14.28

Abbie

Um.

46:26.72

Dacy

Um, I will say after that stage there's going to become a stage where you're going to realize I've been looking at a lot of pictures of thin bodies and these styles month thin body and then you're going to have to exactly So then you're going to have to kind of revise that collection of images.



46:35.50

Abbie

Yep I was just going to say? Yeah yeah I mean that's inherent in the fashion industry right? like.

46:46.21

Dacy

But you have to know the style first right to know what you're looking for. So now that you know a bit about the aesthetic style now you're able to go back and do a search. Um and and we can talk about Pinterest is you know is is doing a push of um, being able to search by.

47:03.15

Abbie

You.

47:03.62

Dacy

Body sizes. Um and and bodies that are maybe closer to your own. Um there there they have like a whole team working on this like body diversity. Um, which you know remains to be seen how helpful that's going to be but um, you know sorry see that again. Yeah, Tvd exactly.

47:17.38

Abbie

Tbd Yes ours a Tbd Pinterest tbd.

47:23.45

Dacy

Um, so but again, if you have some sense of what the style is then you can start to look for um, you know it might still be like a a shitty search term like XYZ style plus size or XYZStyle mid mid size or petite or tall or whatever it is but ah, you will need to at some point be able to.

47:43.70

Dacy

Visualize the style on a body that is similar to yours and and that retraining of the eye is really really important.

47:49.54

Abbie

Yeah, yeah, what I'm what I'm really loving about what you're saying is it's It's really getting at like what have we even been conditioned to think looks quote unquote good right? Like what bodies are allowed what you know access to what things in our culture and. Really just because our culture is a huge bully when it comes to body size. It doesn't mean you have to bully yourself and take part in your own like self-abandonment and and then neglect yourself and your style and your authenticity and so really trying to pick apart like I'm just kind of reflecting on what you said. Is that you're saying like really really pick apart like start to differentiate what you like and what you're drawn to and what lights you up from from body

size in general because we didn't We weren't born thinking that certain bodies. Are Attractive. We We learned that over time and all bodies can wear all clothes. It's just a matter of starting to retrain and relearn like you said like what that means? Um, and why? yeah yes.

49:00.56

Dacy

Yeah, yeah, and we'll throw in the access disclaimer here as well because it it is unfortunately a reality that you may love a certain style and it may not be available for you. Um, and that's kind of another issue.

49:05.39

Abbie

Yes.

49:11.10

Abbie

Yeah, what? What do you suggest in that I'm glad you brought that up because what do you suggest because that is a real barrier and we've talked about grief and self-compassion. What do you?? you know? are there any resources you recommend um out there like. Brands that you've been loving lately or just tips you have for navigating that that shift and and giving yourself grace with that and and also coming to terms with some of the realities of how fucked up it is that the fashion industry is so limited in this way.

49:44.77

Dacy

Yeah I mean I don't I don't have a you know I don't have a solve for this necessarily I mean I can recommend I certainly know I mean I I keep a spreadsheet I have a spreadsheet of about 250 retailers that I have sorted by.

49:49.74

Abbie

Yeah, yeah.

50:00.88

Abbie

Um.

50:02.70

Dacy

Size range. Um, and so I have you know, kind of straight sizes and plus sizes then up to 3 x and up to 5 x um, certainly after that it it drops way way off. Um, but you know obviously the the further up you go the fewer options. There are so um.

50:20.85

Dacy

Sorry can you pause I just heard my doorbell ring and it's only so yeah, like you know there are certainly more options than there have been in the past for a range of sizes but ah, it really is the reality that um. There's not a solve always for finding your style at any size. Um, you know a few ways around that are learning to sew which is not something that everyone wants to do I I tried my hand at it and it was not. Ah, pleasant experience. Um, but there are lots and lots of fatsoists out there who are making amazing things. Um, and then you know we we can all like try and support the brands that are doing extended sizes up to you know, 5 6 7 x um

51:14.20

Abbie

Um, yeah, no I appreciate that and I appreciate the compassion you're bringing and just like yeah just allowing yourself to feel.

51:14.99

Dacy

So yeah, it's you know that's just the reality of it.

51:26.29

Abbie

The frustration the anger and then yeah doing what we can to support those brands is such a wonderful tip your what you were talking about earlier about when we were talking about. You know oh I can't wear that you know that this limiting belief reminded me of you know something you mentioned in your bio which is like letting go of this. Really infuriating concept in the clothing industry and fashion industry which is like what's flattering So Can you can you give us your spiel on the word flattering when it comes to personal style and how harmful and damaging This is especially kind of connecting it to.

51:51.00

Dacy

Thank okay.

52:04.87

Abbie

What you've mentioned before like how like the male gaze and patriarchy and like what informs this idea of what's flattering.

52:12.80

Dacy

Yeah, well I mean it goes back to kind of what you had said a few minutes ago about you know we didn't we weren't born with these concepts of what's an ideal body shape. Um, we weren't born with these concepts of what makes something flattering. Um, and so again.

52:19.75

Abbie

Young.

52:29.15

Dacy

What I like to do is connect those things back to you know, a lot of us in this space have read um Sabrina String's book fearing the black body and if you it's it's pretty dense book so you know maybe go look up a summary of it. But.

52:36.80

Abbie

Yes.

52:44.58

Dacy

But essentially she traces back the origins of the preference for this type of body that is idealized currently, you know the the preference can be traced back to um, you know Europe in the seventeenth century when white men were trying to distinguish white female bodies from.

52:48.85

Abbie

See with him.

53:04.21

Dacy

Black female bodies which were only then being introduced into Europe um through slavery so you know it can get really serious really quickly when you start to think about why do we think this is why do we think this is attractive and and it's actually um.

53:11.10

Abbie

Absolutely yeah.

53:19.24

Dacy

You know I'll mention queer eye again because I just I was spending a lot of time on this article that I wrote recently but basically Tan France who um does the style aspect of that um has been criticized and I was certainly criticizing him for his approach to dressing people in what he considers flattering. Um, and his kind of response. The only response he's ever given was really basically like look I am body positive but I can tell someone that something whether you're size 2 or 22. There's certain clothes that are going to look better on you and the the examination that he has not done. Is. Why do you think those things look better. You're just kind of exactly you're just taking this european ideal and that's what you consider to be better. Um, and you haven't examined your you know, kind of the messaging behind that or or why you think that? um.

53:58.76

Abbie

Um, yeah, what is better right? Yes, um.

54:14.18

Dacy

And so you know so flattering falls right? along those lines right? like essentially flattering you know and people sometimes come at me and say like well flattering just means something like looks lovely on you or it looks like you look so comfortable in it or whatever and that's fine. You can use the word that way. But we all know that the common usage of the word flattering. Is that something makes you look smaller and so exactly. Yeah yeah, yeah, and so often part of flattering is this idea of like let's show off the smallest part of you you know.

54:34.34

Abbie

Yes, does it does it thin make you thinner ah appear thinner appear slender. Whatever word they want to use. Yes.

54:47.73

Abbie

Write. Yes.

54:50.71

Dacy

And and for me, it's really this like ah manipulation where we are trying to create optical illusions to trick other people into thinking. Perhaps we look a certain way when in reality again, we we show up in the world and our bodies are the size they are and we're not going to.

54:59.80

Abbie

Yep.

55:07.39

Abbie

Yeah, yes, um.

55:08.93

Dacy

Be able to hide that you know, um, as much as we might want to because of so societal pressures. But yeah I mean to me That's what flattering is and again if you're dressing to you know, look to have your clothes look flattering. You are prioritizing. An external view of your body over your own preferences your own aesthetics your own comfort right? and again something that Tan does on the show is he just is hammering on about defining a waist like everyone has to wear a frickin belt and I just I can tell you that when those women try to sit down and eat a meal. They're going to feel really really restricted. Um, and it's not going to

feel good and that's all for the sake of being looking flat. You know, having something look flattering and to me I I Just reject that.

55:55.87

Abbie

Um, um, everything You just said I feel like sums up this conversation so beautifully because but. Throughout this throughout this conversation like the main message here is like you get to get curious and explore what what makes you feel most you in your clothing and that's an inner that's an inner experience and. Words like flattering or the idea that I can't wear this or or you know sizes being incredibly hard and and of course like there's so Much. There's so much reality in all of that and and there's so much more freedom and peace in approaching this From. Like our values and our authentic selves and separating what we want and how we want to dress ourselves from objectification like what the world might think of us if we were. X Y C. You know how thin it might make us look and instead really tuning into like what do I like and I do this with food with people right? There's so many Parallels It's like rediscovering the foods. You actually like um and.

57:15.55

Abbie

You know what's interesting Daisy is you mentioned childhood at the beginning of this episode being so defining for you in your relationship with clothes and I think you probably know this too. But I find this with food too like it. It is so it defines our experience with food and I think it often makes me wonder like.

57:21.57

Dacy

Um.

57:35.49

Abbie

Can be really healing to return to Childhood foods and think about what you liked as a kid and I almost wonder as we kind of round this out if that's a really good place to start with clothes. Really yeah childhood clothing. Yeah.

57:46.22

Dacy

It's it's the first thing I always talk about with a client. Oh yeah, yeah, my first question yeah is what was your relationship to close when when you were a kid. What did you like? what were you told you couldn't wear what you know how did you get those clothes. How did you figure out what you liked you know.

57:54.12

Abbie

Yeah.

57:59.97

Abbie

Yeah I love that so much I feel like that's a really great thing for everyone to kind of think about um just as a takeaway from today of like yeah little you what did you like to wear what colors what patterns? what.

58:01.87

Dacy

Because that's the rhyme before we've internalized all of that.

58:19.96

Abbie

Materials you know and then what were you shut down from wearing and how did that show up. So oh I've loved this so much is there anything that I mean I know there's little I'm not kidding. It's embarrassing the number of things I have written on this piece of paper that we didn't get to touch on. But.

58:30.19

Dacy

Um.

58:39.14

Abbie

Is there anything anything that we talked about today that anything you want to add to anything I want to make sure like you get to say everything that you wanted to to say.

58:48.00

Dacy

Yeah I think um, you know and I I feel like I'm going kind of like aggressive with some of this stuff but I just want to remind everyone out there that the reason why we're told we can't trust our own instincts or you know internal voice is because someone. Is giving us they're telling us what to do? Um, and we are supposed to take that advice even though it's in no way individualized and it's always to sell something they are telling us here's what you need here's what you need to do this is what will make you skinny or you know all the all these desirable things and.

59:14.92

Abbie

Um, yes.

59:25.21

Dacy

When we can tap into that inner voice we can reject that and and therefore you know not get caught up in this. You know, just being ah something that is is to be made money off of.

59:36.46

Abbie

I Love that Thank you for saying that it's like it's the rules. It's always the rules right? like who's telling us what to do how to dress what to eat what will make us thin and like reject that shit Oh daisy.

59:46.53

Dacy

Um, but.

59:50.23

Dacy

Who.

59:54.97

Abbie

I'm so grateful for you like I just your work I've said it before a million times in this this show already but like it is so needed. It is so central to to the process of healing our relationship with our body and I just want it to be talked about more. So. I also want everyone to know where they can find you and learn more from you I know you have like a group program I know you mentioned you do one on one so you know if and and and just social media wise if anyone just kind of wants to follow along like can you share where folks can find you.

01:00:20.53

Dacy

Um, yeah, yeah of course of course so my website is [mindfulcloset.com](http://mindfulcloset.com) um, and I'm on Instagram and Tiktok at mindful closet and then I'm also like really psyched these days about my substack newsletter which is called unflattering.

01:00:41.58

Abbie

Ah, yes, it's an excellent substax. So yeah, um I cannot recommend it enough and I can't recommend you enough I'm just yeah, thank you for everything you do everything you say is just on point I'm always like yes. Everything you've said in this whole episode. So I Really appreciate you and I'll make sure I link all of that in the show notes. So nobody has to scribble anything down, you can just click through but ah yeah, here's yeah, here's to a little more white space in your day I Hope you get.

01:00:58.80

Dacy

Me.

01:01:05.20

Dacy

Now. Thank you. Yeah, yeah, yeah, I've already checked that off my list for today. So we're good. We're good. Yeah, to absolutely true. Yeah.

01:01:15.27



Abbie

Hope you get a relaxing cooking show in and you. Never too much though you know thank you Daisy.

01:01:28.58

Dacy

Thanks so much for having me Abby.