



The Numbers Game

These days, it seems there is a “right” number for everything: the right weight, the right cholesterol levels, blood pressure, grades in school, salary. The list goes on. Moreover, if you have the *wrong* number, the assumption is that you are wrong. You’re somehow bad, dysfunctional, and less valuable.

Indeed, we tend to glorify numbers to the point that we look to them almost exclusively for information on who we are, how we’re doing, what we’re worth, and what the future holds.

Thousands of people are standing upon a tiny machine each morning – the scale – and asking, “How should I feel about myself today?” People are counting calories and fat grams all day long, leaving very little room for the deeper explorations of body wisdom, body awareness, and the enjoyment of food.

This way of living and thinking is inherently stressful and therefore counterproductive to healing of any kind. So it’s time to “de-number” America. Numbers should be put in their place. It’s important to be aware of numbers and the value that they can provide, but we should put a much higher premium on the data and insight gained from body wisdom, the journey of the soul, and intuition.

Try this. Take a look at your relationship with numbers in regard to your body and health.

- Where are you relying on numbers to determine your self worth?
- What role do numbers really play in the healing process?
- Is your strategy with numbers working?
- What might it look like to relax, trust your inner wisdom, and let go of some of the overrated and artificial importance of numbers?

Adapted from an article by Marc David