

Little White Lies

I've been thinking about the awful habit of telling lies lately, and it has led me to think about a related topic: lying to yourself.

You might be thinking, "Well, I never lie to myself!" And good for you if that is the case. But before you go patting yourself on the back, please try on some of these proverbial shoes. Do any of these fit you?

- o I really didn't want that job anyway!
- o I really didn't want that stupid job anyway! (Adjectives can make us feel better!)
- o I'll eat this and then get up every day an hour earlier to run 5 miles.
- o "I like being this heavy. Who cares what others think?"
- o "I'm just too tired to do _____."
- o "I can never accomplish _____."
- o "I don't think he meant to be so mean."

You may think these are inconsequential lies, but they leave their mark. One lie builds on another; soon we are believing the gibberish we're telling ourselves. It is as if we were applying a quick-working salve to take the sting out of the real issue: disappointing yourself. Some salve!

Lying to yourself is just another way of beating yourself up.

I am convinced the most times we tell ourselves these lies because we don't believe we deserve whatever it is we are aching for. From that first time we pined for the phone call that never came to the "thanks, but no thanks" letter we kept watching for, we should have been giving ourselves positive messages: "Okay, This didn't happen the way I had hoped. Something better is going to come my way"

Too many of us seem to have replaced Positive Self-Talk with the negative quick fix of "Who cares anyway?" Eventually we will become believers that things don't go our way because we aren't worth it.

But it's never too late. The next time you realize you're lying to yourself, shout, "*ENOUGH IS ENOUGH!*"

Are you still uncertain? Still struggling with questions like what makes the other person get the job instead of you? Or the other person loses weight before you do? Or someone else achieves his or her dream before you realize yours?

Most times it is due in large measure to their belief in themselves. We are all pretty good at getting upset with a friend or loved one who settles for an outcome. We can see their unhappiness.

So, why is it so difficult for us to recognize when we are guilty of settling for less than our goal?

Let's put down the white flag of surrender. Let's stand firm and arm ourselves with an arsenal of beliefs and truths that will mow down any negativity that comes our way. Is this a hard path? Possibly.

But it can't be any worse than sitting on the sidelines, looking at others who have accomplished what we want to achieve.

I'm here to tell you: Dreams can come true. It just starts with accepting the simple truth.

YOU ARE CAPABLE!!

And you wouldn't call me a liar, would you?

Grilled Summer Squash Stacks with Herbed Ricotta

Weight Watchers Recipe

3 PointsPlus Value

Prep time: 18 min

Cook time: 10 min

Other time: 15 min

Serves: 4

Creamy herbed-ricotta is layered between slices of grilled veggies in this summery side. A fresh tomato salsa makes a terrific topping.

Ingredients
3/4 cup(s) part-skim ricotta cheese
2 Tbsp uncooked scallion(s), minced
2 Tbsp basil, minced
1 tsp lemon zest
1/2 tsp minced garlic
1/8 tsp black pepper, or to taste
1/8 tsp crushed red pepper flakes, or to taste
Tomato Salsa
2 medium plum tomato(es), chopped
1 Tbsp uncooked scallion(s), minced
2 tsp basil, minced
1/4 tsp balsamic vinegar, or to taste
1/8 tsp kosher salt, or to taste
Remaining Ingredients
1 large yellow summer squash
1 large uncooked zucchini
4 spray(s) cooking spray
3/4 tsp kosher salt

Instructions

- In a medium bowl, to make ricotta filling, combine ricotta cheese, scallion, basil, lemon zest, garlic, black pepper and red pepper flakes; refrigerate until ready to use.
- In a small bowl, to make tomato salsa, combine tomatoes, scallion, basil, vinegar and salt; set aside at room temperature.
- Slice squash and zucchini crosswise into eight 1/4-inch-thick slices each; place in a third bowl, coat with cooking spray and toss with remaining 3/4 teaspoon salt.
- Off heat, coat a grill or grill pan with cooking spray; heat to medium-high heat. Grill squash and zucchini, until softened and grill marks appear, about 8 to 10 minutes; let cool to room temperature.
- To assemble stacks, spread 4 squash slices with 1 1/2 teaspoons ricotta mixture each; top each with a zucchini slice and spread with 1 1/2 teaspoons more ricotta mixture. Repeat with remaining ingredients to form 2 layers; garnish each stack with 2 tablespoons tomato mixture and serve immediately. Yields 1 stack per serving.