

Holding on but still struggling

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I am now five weeks into this struggle of staying focused. I haven't lost it, but I am certainly out of the groove I had been in since early July of 2011. I have given in to temptation and eaten some things that I consider "trigger foods" which I had been staying away from completely for the last six months. The struggle goes on, with a couple of good days followed by a bad one. A good day is a day of strict eating, taking in around 1800 to 2000 calories of clean foods. On a bad day I may hit 2700 to 2800 calories by eating stuff like a cookie or toast with butter and peanut butter or pizza in addition to lunch rather than for lunch.

I have kept my weight at 192 to 193 pounds, but it is not easy anymore. When I was focused last year, it was effortless to maintain. The non-trigger foods that I ate exclusively did not make me crave the wrong foods. I was never hungry, and, in fact, I had to eat at scheduled times to make sure that I ate enough each day to reach my proper caloric intake. Now, I have this energy drain. A person only has so much energy to expend each day. I probably have more energy than most people my age, but I am more at ease when that energy is directed at improving relationships with loved ones, improving my business or focusing on recreational activities. When I am struggling, that energy is used to fight off urges and I become consumed with fear and concern over losing control.

It's a lot of work to stay focused, but it can be much more work to get your focus back if you lose it. I will keep you posted on how I am doing and I welcome any input, ideas or methods you or someone you know may have that has helped.

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