

## Still struggling

Posted On Feb 14, Posted by [Nick Mirrione](#) Category [Excercise](#)

Two more weeks have gone by and I am still trying to get back on track. The mornings start out good, but by noontime I start to feel the cravings begin and have not been able to control the urges to eat those foods which are not included in my planned eating program. I am at the point where I am getting angry with myself for being so stupid as to think that this time would be different; that this time I could stray from the plan just a little bit and get right back into it when I was ready. Didn't ever happen that way before, and there's no reason to believe it will happen that way now.

I think that because I at least understand what is happening to me now, I can catch myself before too much damage is done. I am holding right now at 194 pounds, which is up two pounds. I am deeply concerned about this problem and this little slip-up is very distracting. I devote way too much of my time each day to resisting temptations and cravings and I am having only moderate success. I have been eating sandwiches and pizza in addition to my cottage cheese and tuna for lunch and one morning I had a bran muffin. After dinner, I have been eating nuts and pretzels in addition to the normal bowl of bran based cereals.

I am desperately trying to get my focus back. I know that if I can just get six or seven perfect days in a row, the cravings will go away and I will be back to focusing on eating right. I am most comfortable when I am on the plan. I am able to spend more time improving my business, enjoying my family, friends and hobbies and improving my relationship rather than worrying about loosing control.

Do you have the same problem? Please share how you deal with it. I need help and any new insight I may gain from others is always appreciated.

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