

Trying to figure me out

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For fifty years I tried to figure out why I could not control my eating. Early on, I felt that it was because I was weak and lacked the discipline and self control that others had that enabled them to eat in moderation. For quite some time I thought that I was born with more fat genes than most people and was just inclined to put on weight easily. I saw myself as big boned, thought I had a slow metabolism and a bigger frame than others. There was no question that I ate more than most people and that I ate an unhealthy diet, but I had to keep trying to rationalize it in my mind and come up with a reason for my problem.

It has taken a while, but I have made a lot of progress in the never ending pursuit of trying to figure me out. In the past ten years I have come a long way. I now know that I am not big boned and that my metabolism works the way it is supposed to work and that my frame is a normal size. The problem is that I have a food addiction, or as I prefer to see it, an obsessive compulsive eating disorder. When I allow myself to consume one of the trigger foods, I lose control and the cravings push me to overeat, which is when the struggles begin. And then the race to see which behavior, controlled eating or out of control eating, will prevail.

I now know that this will happen to me every time I let myself have one of the trigger foods. In my case, sugar, and especially sugar in the form of chocolate, is my biggest enemy. I am not forced to have these foods. I am exposed to them visually whether in a store, a restaurant or at someone's home, and it is completely my choice whether I have them or not. When I fool myself into thinking that one little taste won't hurt, I always, and I mean always, regret it.

The key to success when this happens is to get back into my comfort zone as soon as possible. I need to be eating foods that I like and that make me feel full but don't trigger the cravings that cause me to overeat at best, and to binge, at worst. I know the pattern well. I drive myself crazy because for some reason, when things are going well, I will foolishly test my mettle again and see if the results will be different this time. They never are. So, I ask myself and anyone out there who may be experiencing the same problem, to share your insight. Why do I keep repeating this same pattern? I can't figure it out.

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