

Managing Your Life So That You Can live Your Life

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I never really feel like I am in control of my life or out of danger of falling off the wagon and returning to my old bad habits. The key for me is to stay totally focused on whatever compulsive behavior will consume my efforts and prevent me from overeating. I've also learned to recognize the patterns that lead to loss of control and I have so much respect for their power and strength that I no longer take them lightly but instead react right away. It's a full time job. I am a lot of work and I drive myself crazy because as I was out of control with my eating I am now out of control with my management of my intake, my exercise and my chronicling of everything related thereto. I divide my life into 13 week segments. So four times a year I write a new exercise program and a new eating plan. These go together with a set of goals for that segment which may include losing a few pounds or gaining a few pounds by adding muscle or maintaining weight while losing an inch on my waist. Whatever it is I feel it is easier to accomplish a goal if you have one. One of my problems is my inability or should I say extreme difficulty in making adjustments to my plans. I will normally build in as many as six cheat days into my 13 week eating plan, so that if an event comes up and my eating plan will be altered, then I have provided for that. If however my exercise routine is upset I can have great difficulty making the adjustment. I don't handle disruption to my routines very well, although I am better now than I used to be. For those of you who can relate to this unusual behavior, please share. For those who are not in this place yet, stay tuned and feel free to jump in with questions.

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