

I made it Through the Holidays without a slip-up

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Well, I can't really say that it was easy, but I can say that I made it through the holidays without falling off the wagon. When you last heard from me with three weeks to go until the end of the year, I was all pumped up and completely focused. As we got closer to the finish line, the temptations increased and my resolve was being put to the test. What is it about the sight and subconscious memory of certain sugar-based foods that has such power over me that I have to use all my concentration and willpower to resist it?

As I analyze what worked for me this year and did not work in past years, I clearly see that it is zero tolerance for trigger foods that works for me. As I have said so many times in past blogs, I have the type of make up that has a problem with moderation. It literally takes only one M&M or one bite of cake or pie for my system to recognize past pleasures and start demanding more of the same. So powerful are those cravings and demands, that my mind is no match for those urges. So, after so many years of failure at the moderation approach, this year's goal was to resist all urges and temptation by having absolutely none of those trigger foods.

I am also in the process of trying to figure out why I am like this. What makes me different from those people we all know who are able to moderate most, if not all, aspects of their life. I, myself, don't seem to be able to do anything in moderation. I am going to leave it at that for now because I will be doing a short series of blogs specifically on that subject of moderation.

In the "baby steps" concept that I try to follow, I made it through the holidays still in my groove. Present weight 192 and hoping to keep it there. As always, I welcome dialogue from anyone with similar problems. I think that dialogue will be helpful to all of us.

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