

Overeating issues

Posted by Singularity - 28 Apr 2020 06:25

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Hi all

I was wondering if anyone else has issues with eating too much, emotional eating etc. I am aware there is a whole fellowship for this but my wife's uneasy about going to actual meetings, sharing and interacting with (mostly) women there if I don't really need to, it's not making my life unmanageable I believe, however it does kickstart a progression to lust. I eat too much then feel bad etc we all know this.

So maybe let's have this topic for specifically this issue, hints, tips, help and experience, strength, hope. I'd love to hear from you.

For me, a bad bout was on Shabbos where I opened the fridge and a glass jug came crashing onto the floor and I was so angry I proceeded to eat a whole slab of chocolate (I didn't even taste it) and five biscuits in one bite, sorta. I did act out lustily the day before and the two kinda play on each other. No serenity in active addiction that's for sure!

I don't really have any tips myself on how to curb eating, but when I'm working I don't feel hungry, but when I'm with the wife and kids I suddenly get very hungry and the whole day feels like a pain.

Then I feel bad because I wish I loved my family as much as I did my work.

Oh man, there are a lot more issues it seems!!!!

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Re: Overeating issues

Posted by strive613 - 28 Apr 2020 17:14

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Hey,

Thanks for the post. Words well spoken. I've been struggling with overeating/emotional eating, etc. for years and I've finally had enough - I finally went to an OA (zoom) meeting the other

night.

Two things prompted me to do this, I wonder if you relate:

1. I've gotta stop the BS - I can't handle this anymore. I'm always telling myself after every binge that this diet will help, this will do it, that will be the solution, it's only because of xyz... Somehow, I'm not a compulsive overeater - I just constantly have an exception... I'm not stupid, I'm just crazy. Enough already.
2. I also hesitated b/c of the idea of the gender issue. I went to the meeting because I need to save my life. It's easier to not lust under such circumstances. Also, you say your life isn't unmanageable from the overeating, it just causes you to lust - is your lust unmanageable? If yes, the overeating in essence is making your life unmanageable. If not, so what's bothering you? Go and enjoy it!

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Re: Overeating issues

Posted by Singularity - 29 Apr 2020 07:37

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[strive613 wrote on 28 Apr 2020 17:14:](#)

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Damnit you're right, totally right.

I feel like I can't treat the overeating if I'm not working on my lust program 100% but I guess that's also bs. an OA zoom meeting sounds good. I'll look into it.

Like I said the overeating it's not a 100% correlation that I'm going to act out lustwise. But I've gotta separate out the bs. Thanks for your share.

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Re: Overeating issues

Posted by AnonyJew - 29 Apr 2020 13:48

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I don't think I have an over eating problem (I just drink too much soda) but I do sometimes eat when I'm stressed or engage in other activities that are less than healthy ways of coping. It seems to me that people like us didn't learn healthy ways of coping with our emotions. I would suggest learning more about healthy ways to deal with your anxiety and stress and work on that. I feel like if you can fix that your other issues will start to resolve themselves.

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Re: Overeating issues

Posted by sleepy - 30 Apr 2020 01:45

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[Singularity wrote on 29 Apr 2020 07:37:](#)

[strive613 wrote on 28 Apr 2020 17:14:](#)

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Re: Overeating issues

Posted by Singularity - 30 Apr 2020 06:22

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[sleepy wrote on 30 Apr 2020 01:45:](#)

[Singularity wrote on 29 Apr 2020 07:37:](#)

[strive613 wrote on 28 Apr 2020 17:14:](#)

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Maybe I need to **sleep** all day, then I won't be tempted by food!

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Re: Overeating issues

Posted by Cab - 30 Apr 2020 16:12

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ya, i have been experiencing the same thing. the 2 kind of go hand in hand. If i am misgaber on the shmiras einayim, the urge to eat tons of food becomes much stronger, and vise versa. i am also looking for an eitza. it seems i can't beat both at the same time, but when i focus on one, the other becomes so strong it will also undrmine my efforts on the one i am working on.

Its a weird thing, because eating kosher food is 100 muter, but the yetzer hara still is controlling me through it. how true the words of the gemara brachos (32a) "malei craisa zuni bishi" ("a full stomache leads to lots of evil")

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Re: Overeating issues

Posted by DiamondWithAFlaw - 01 May 2020 04:05

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I'm having the same issue that Cab is describing and would love any advice.

I have been dieting on and off for 25 years and have always been able to keep my weight in check, but since I stopped P & M about 8 months ago, I haven't been able to diet and now I

I also stopped vaping 2 months ago. These 2 things combined with the pandemic (always being home) have made it impossible for me to diet!

I've read around here that our lust addiction is a way of "escaping". And that would mean that would apply to ANY addiction I imagine - including overeating.

This makes sense to me because when I stopped vaping I realized that I have more "quiet" time - more time to think.

And now I see how I can busy almost the entire day with food!

It would seem my unconscious mind is just trying to keep me busy with anything it can.

I think mindfulness meditation is a good start for me and I'm working on that, but it's really hard!

May G-d help us all!

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Re: Overeating issues

Posted by onthewayup - 01 May 2020 04:07

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Hi there,

Although one may read your thread and assume that writing about overeating on a guard your eyes site may be out of place, I however see a connection. The more one is in control of themselves in a non-obligatory fashion(although overeating to an extent may be a prohibition, it is still of way less stringent caliber than shmrias eyenaim or habris), the more they will be in control when it comes to guarding ones eyes or other challenges. I find this with myself always. Instead of being lazy and receiving the dopamine in the brain via say masturbation, instead work out or exercise and you will receive it in a real and rewarding way. So although I may not be answering your question, I just felt I could weigh my opinion on the relating matter.

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Re: Overeating issues

Posted by Singularity - 01 May 2020 07:48

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[onthewayup wrote on 01 May 2020 04:07:](#)

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Thanks for sharing your first post on the forum with me!

I believe my opinion will always WEIGH more, unless I do something about it! :D

I know it's understandable due to this stay at home thing that eating will be inevitable, but it's also eye-opening to what extent I am truly lost.

Yesterday I was ok until my daughter came in and gave me a biscuit she baked. that little biscuit threw me off completely. The rest of the way was two bowls of sugary cereal, slices of bread and margarine, nutella sandwiches, popcorn and smarties, all the while snacking on fruit dainties and drinking iced coffees. And I had no defense! Just like against the first lust hit. And any and all diets before have crashed and burned.

My DSR partner suggested greysheet.org, sorta like OA but stricter. I haven't looked at it yet.

Does anyone want to invest in a diet plan with me where we both put in let's say \$50 and it's an incentive to keep it up?

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Re: Overeating issues

Posted by sleepy - 12 Jun 2020 02:41

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anyone here have a problem that they don't want to lose weight because otherwise they might look attractive to women?

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Re: Overeating issues

Posted by wilnevergiveup - 12 Jun 2020 04:21

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[sleepy wrote on 12 Jun 2020 02:41:](#)

anyone here have a problem that they don't want to lose weight because otherwise they might look attractive to women?



I don't know, I've got a problem with losing weight because I am lazy and I like to eat...

If you really are worried about that, you probably need to see someone...

I love you @sleepy, you are just funny sometimes...

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Re: Overeating issues

Posted by Swift Eagle - 12 Jun 2020 11:24

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You really got a thing or two to learn about women.

I don't know if I'm remembering correctly, but this binge overeating in place of acting out in inyanei kedusha (which I do A LOT! I had 5 pies of pizza over the past week, despite being on a & have been going in cycles of gaining & then losing the weight for many years...) brings me to recall something I once heard, that by the Chasidus of Ger who have a very strong focus on keeping clean in inyanei kedusha, there's an idea of turning to eating in place of acting out...

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Re: Overeating issues

Posted by Singularity - 12 Jun 2020 12:10

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[Swift Eagle wrote on 12 Jun 2020 11:24:](#)

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My pattern is I eat a ton and THEN act out :D

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Re: Overeating issues

Posted by Snowflake - 12 Jun 2020 14:11

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Hi Singularity,

Have you ever done therapy? I know a friend who had an overeating problem. With therapy he managed to greatly improve the situation. Overeating is as you said, as much as a coping mechanism as acting out. Unfortunately it's a bad way to cope with emotions. But CBT could help you do that in a healthy way.

Some nutrition professionals are also specialized in eating disorders.

I don't know if overeating/emotional eating is an eating disorder, but I'm sure there is a strong connection.

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