

Re: started 90 days as a preparation of lag beomer!

Posted by lomed - 18 Mar 2015 21:14

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so I thought that since I succeeded for 20 b"h with the help of the 90 chart, maybe work on eating habits(witch can use some improvement, and has an impact on my weight) with the same day by day approach. so I started today day 1. I was taking a coffee in my office at the pantry. someone put a tray of chocolates (most probably from purim).without even thinking I took one. it was delicious. when I was about to take the second, I reminded myself, hey I decided not to eat any nosh today. but.. I ate a second and a third. it was delicious.

then I start thinking why I had mistakenly eaten the first? why I didn't act out mistakenly the last 21 days? and here I totally forgot?

could be the fact that there is a chart that you give accountability, plus the support here is helping me in the struggle. verses of a decision made on my own, that there is no track record and accountability on that. who knows??

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Re: started 90 days as a preparation of lag beomer!

Posted by skeptical - 19 Mar 2015 13:56

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Could be that since you still have means to escape life, you are having an easier time giving up on the other one.

Try really living and dealing with stress issues properly instead of compulsively escaping them.

Hatzlacha!

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