

I can do this

Posted by Issac - 17 Jul 2019 20:33

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Hi,

I made it to 90 days before, fell and have been on and off since then.

This time I hope to go further. How? You see i'm an emotional eater. When my mood dips and I get down I have a tough time and that's when I fall. So, I manned up and found a competent therapist to help me deal with my depression. B"h it's helping and when I feel good about myself I really don't struggle as hard.

For now, I'm going to start by posting on here and doing the chart and I'll see if we need some extra tools.

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Re: I can do this

Posted by gye5770 - 06 Aug 2019 12:48

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Keep going strong Isaac. Day by day and make sure you sort out any stress situations before it bothers you too much.

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Re: I can do this

Posted by Issac - 06 Aug 2019 22:05

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Thanks. I'm going to try that out. I like that

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Re: I can do this

Posted by Issac - 08 Aug 2019 20:53

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Thanx everyone your comments really help

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Re: I can do this

Posted by Issac - 13 Aug 2019 18:28

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Day 10

Gevaldig!

I really appreciate everyone's advice.

Yesterday, I was struck by a sudden urge and I remembered something I read here, "You don't have to, Your body doesn't need this"

I took a deep breath and I was fine B"H

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Re: I can do this

Posted by ColinColin - 13 Aug 2019 21:51

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Exactly!

The urge is a "thought", which can be replaced by positive ones and positive action.

That is the concept of Mindfulness in action.

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