

Eating too much

Posted by hellogreene - 08 Nov 2024 02:55

Hi everyone,

I am just curious if you guys are finding the same thing i am.

I find that since I got of P+M I am eating more (like sugary carbs etc..). It may because I am not using the P+M for relief so i am going for food.

Any thoughts on this?

Thanks

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Re: Eating too much

Posted by ichmein - 08 Nov 2024 03:54

I'd be interested to hear what people say. I'm working on kedusha and also eating better, and I'm wondering if it's better to work on both items of self-control at the same time or just let myself eat while I'm working on this (or work on both but reward good work on kedusha with occasional good food).

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Re: Eating too much

Posted by ?? ????? - 08 Nov 2024 04:13

[hellogreene wrote on 08 Nov 2024 02:55:](#)

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Yes it's probably related usually people who are addicted to any of these are using it as an escape room for difficulties they're going through a life for example I know myself the day I stop smoking I'll gain weight there is 1.5 ways out of this room

#.5 is to escape to something healthy we enjoy

#onerealway to get to know what am I actually escaping from

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Re: Eating too much
Posted by ?? ?????? - 08 Nov 2024 04:24

[ichmein wrote on 08 Nov 2024 03:54:](#)

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I vote for rewarding with good healthy food

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Re: Eating too much
Posted by dreamyunicorn28 - 08 Nov 2024 06:13

I'm very interested in exploring this more. I struggle with overeating and eating very fast. In a way it's harder to stop than masturbation. Does it go hand in hand? Maybe food doesn't give me the same shame and guilt so I'm not as desperate to stop?

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Re: Eating too much
Posted by ?? ?????? - 08 Nov 2024 06:32

[dreamyunicorn28 wrote on 08 Nov 2024 06:13:](#)

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It's usually has the same source as I said one of the big sources are not knowing how to deal with life including challenges urges shame low self-esteem / loneliness and boredom / feeling left out / not having time management / not living on a schedule, not to say that I don't know how to deal with life if the case would be so I wouldn't be smoking anymore wouldn't run to other escape rooms like lust

But B"n trying every day to become my best self

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