

Why Do I Do That?

On the way to our favorite Mexican restaurant I began to day-dream about the meal ahead. I really enjoy the veggie fajitas but hope they don't come out overcooked or greasy. What would the kids and Nikki order? Would we get corn or flour tortillas. I wish they had some really great romaine or butter leaf lettuce that we could use as wraps instead. How can I control myself with the free chips they offer as an appetizer? I agree to just not have any chips. I know I can't control the volume so why have any at all. They are not good for me and they fill my stomach with empty calories.

When we arrive, I catch a smell of the food, the chips and quickly toss my best intentions out the window. It is just a meal. It is just this time. It is just a few chips. What is the big deal. Eat on.

I am going to stop and get a donut. They offer a free one to every visitor so I will just be in and out. I can taste it already. I don't even like donuts but something about these is appealing so much so that I am willing to risk the results with a quick stop to get just one. I am also willing to sacrifice whatever the result will be on and in my body which can't be that good, right? After all, it is just one donut.

I arrive and quickly realize, I am on my way to the office and it is early in the week so all of the staff and some guests will be there so I should just grab a dozen to share with them. AND, of course I get the free one too so that will make the cost of the dozen more justifiable because I get a bakers dozen for the same price!

Within a few minutes down the highway, half the box is in my stomach and I am trying to decide if I should take half the box in and admit I could not stop at just one or should I just eat the

other half as well? I already feel like crap so how much more can it feel if I just eat the rest?

I got a pint of my favorite flavor. It is Almond Joy which I call A-Joy for short. Justin, the owner of Full Tilt texts me occasionally when he knows it is in production so I know to stop by one of the locations the next few days to get some. This week I stopped and got three pints of various flavors. They are all vegan so I feel good about being able to enjoy a cultural staple treat with the kids without the implications and horrible physical effects of the dairy and chemicals. But, I need to consume it within reason because it is still loaded with sweeteners that won't do any good for me – especially if I consume them in excess.

I get home and get the pints into the freezer but we pull them out later that evening during a break in the movie we are watching. I scoop some for the family based on their picks and decide I will just have a bite or two out of the pint while we resume the movie. Even though my mouth is frozen and I essentially stop sensing the real flavors after the first few bites, I continue and consume the entire pint.

It is super hot today. I need to get some cold water. Wait, there is a drive through right up here a couple of minutes. Boy, a ice cold soda sure sounds like a quencher right now. I could down two of them! I should not stop however as I do have a problem with it and I have been trying to stop drinking sugary drinks for quite a while. I have cut back some and know one else knows I still have one or two a day. O-there's the turn...

It feels better in my mouth than it does bloating my stomach after I downed the extreme size. I was able to find a trash in a retail store parking lot to dump the cup a couple miles up the road so it is nearly like it didn't happen. Except, well, the results of what it does to me physically and of course the disunity that I am harboring by sneaking around like this. Now I don't feel so good physically or about myself. I really need to stop doing that. Why do I do that?

Have you ever experienced one of these stories in your own life? My guess is that we all have in one form or another. What does it

take to get past these sort of situations? How do we get to a place mentally that this doesn't feel like such a wrestling match? I want to enjoy my life, my food and my time with others without all these voices arguing in my head. Stop. Just make it stop.

Do you agree? Well, read on through this and I know that you will feel armed with a better understanding of what is going on in your head.