

I can do this

Posted by Issac - 17 Jul 2019 20:33

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 Shnitzel and kugel - 17 Jul 2019 21:15

Glad to see that you are going to therapy! It helped me tremendously! Keep us posted!

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Re: I can do this

Posted by Issac - 18 Jul 2019 01:43

Shkoyach. I appreciate that

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Re: I can do this

Posted by Singularity - 18 Jul 2019 12:33

I'm also an emotional eater!! Welcome!!

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Re: I can do this

Posted by Issac - 18 Jul 2019 18:52

Thanx

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Re: I can do this

Posted by Issac - 18 Jul 2019 18:56

Day 1

I'm a little down but I really appreciate the support from the oilam. It really helps.

So far so good

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Re: I can do this

Posted by ColinColin - 19 Jul 2019 00:40

Take it day by day Isaac.

Hour by hour if needed.

Good luck.

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Re: I can do this

Posted by Issac - 24 Jul 2019 18:26

Day 5

Thanx for the feedback. I like what you said Colin, Day by day, hour by hour that works for me.

Shkoyach

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Re: I can do this

Posted by Issac - 26 Jul 2019 20:41

Day 1

Yup.

I fell. But i also won a lot of the time.

I think i closed off those loopholes.

Specifically, staying up late at night just gives me more of a chance to fall I'm bl'n not going to take my phone to bed anymore. I think that should help.

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Re: I can do this

Posted by ColinColin - 28 Jul 2019 01:32

Isaac

Was it just taking the phone to bed that made you fall.

Was there another reason...stress...tiredness...loneliness etc?

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Re: I can do this

Posted by Issac - 29 Jul 2019 16:41

Thanx Collin,

That was for sure part of it,

but I felt that I also need to guard myself as much as possible.

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Re: I can do this

Posted by Issac - 29 Jul 2019 16:44

Day 4,

OK

So far so good.

Keeping things in control b"H

Thanx Colin, for your advice

Keeping watching my mood and understanding when I'm more vulnerable and responding as best as possible

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Re: I can do this

Posted by Issac - 31 Jul 2019 03:07

Boom,

Back to day 2.

I fell.

Start again.

I guess

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Re: I can do this

Posted by Issac - 02 Aug 2019 15:22

Day 4

day by day, minute by minute

We got this

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Re: I can do this

Posted by ColinColin - 04 Aug 2019 02:34

That's it Issac.

Minute by minute if need be.

Tactics which work.

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