

Lies our disease tries to tell us

I don't want to
It's not fair, they can eat it and I can't
I can eat, but I do not have to tell my sponsor
I only had a couple of days, starting over is no big deal
I'll start tomorrow (or Monday or the 1st of the month, year)
I'm not eating sugar or flour, so what's the big deal? I am still abstinent
My metabolism slowed down, it's not that I'm eating too much
F**k it!!
I don't need to weigh and measure, I can eyeball it
I don't want to annoy or be an annoyance by asking the waitress so many questions
I'm entitled
I just need something to take the edge off
It's just one bite. I'll walk it off.
I need a little pick me up for my brain
No other options
I can only get this (food item) at this time of year
They made it especially for you. You are not going to insult them by refusing
It's sugar free and gluten free
I'm not as bad as I used to be, so a little won't hurt. I'm not sure, but it's probably fine (i.e. sauces) There is only a little left
Not enough to leave for another meal. Just this one time
One bite won't hurt me
I just want it
I can have an extra tenth of an ounce
It's the Holidays
It's not flour or sugar
Other people are doing it
I am so hungry
I need the comfort
I need to manage the pain
I haven't had it in a long time
I messed up, I might as well have it all
This doesn't have sugar. No one will see me
No one loves me
I'm bored
No one will care
You deserve this treat, you've had a hard day (week, month, year, life) You need this comfort now
Everybody does it
We'll work this out; you can do it; it won't matter, it won't hurt
You'll get that ease and comfort that comes with the first bite
I already screwed up, what's another day?
I'm going to fail anyway, just eat it now and enjoy it.
You need the food to stay awake for this project
Just finish it
You've already had sugar, go for what you really like
This little change in your plan is not a big deal
You're alone now, no one will know
You already bought it, don't waste it

Somebody worked hard making this, don't waste this
I won't buy it again, but I need to finish it
If you throw it away, you know you're going to buy it again, just eat it now.
Everyone in my family is fat, it is a genetic problem
Italians are meant to be voluptuous
You will hurt your mom, sister's, hostess' feelings
What does Full have to do with it? It's healthy food!
I can't afford healthy food
I have rights! I have a right to eat this! I'm tired
It's only food I'm not worth it It was on sale
It is free food It's no big deal It won't kill you
I can handle this once (a little bit, etc.) You've been exercising
You've earned this! You need this!
It's only food!
I paid for the buffet
This time will be different Just a little bit won't hurt
It's a holiday!
It will make me feel better
I'm not as big as I used to be
I don't binge the way I used to
Why am I the only one who can't eat it?
No one is interested in me, so it doesn't matter
You waited too long to eat
You just can't do this abstinence thing
That's all that is in the refrigerator
Everyone else is eating it, I'll stand out
At least it's not booze (drugs, cigarettes, etc.)
What's the use?
I can't stand looking at it any more
It will make me feel better
It's on my food plan
It tastes so good!
I'm too tired, fast food/takeout is easier
I'm just buying it for my family
I'm tired of abstinent food
It's okay, I didn't gain it overnight
I'll eat it in the store, I won't take it home
My clothes don't feel tight any more
I need to get enough
It's easier for everyone if I don't ask for what I need
I skipped a meal, so it's okay
I've never had this kind of food before
I can handle it now, I've learned a lot
You HAVE to eat, just don't eat so much of it
Don't be so hard on yourself
It's only food!
It's nobody's business what I eat!
OAs brainwashed you, there's nothing wrong with you!
You asked God to control your food, so it's no problem
Normies eat this way, why can't I?
You can handle this, you don't need God
Food will make it better
Food is my only friend
If I could just find the right food plan
I'm at a normal weight, so it's okay