

## **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