I would like to share a program that we did last year. I asked the members of my chapter to write a "Dear John" letter to their favorite "guilty pleasure" food. Some were short and to the point, and some, like mine, were long, drawn out, and oh sooooooo hard to put into words. I figured out that if we actually write about giving something up, we may find it a little easier to do so, or at least make us more aware when we are actually partaking in our "guilty pleasure." My letter was my attempt to give up Chocolate, which I did for quite a while. However, the holidays may have had a part in my guilty pleasure rearing its ugly head again. I decided to revisit my letter in hopes of getting my mind back on the right path.

The following is my letter to use an example...

Dear Chocolate,

The day I met you was one of the most celebrated days in my life. Since that time, many years ago, we have been inseparable. You have brought joy and pleasure to me so many times, that the thought of being without you for even one day, is almost more than I can bear.

However, all good things must change. You have caused me great angst in knowing that if I continue my relationship with you, I am slowly committing suicide. For all of these years, I thought we had a love that would last forever, I have recently come to the realization that, you have not had the same focus and goal for me. You don’t love me, or you wouldn’t have such a mind altering hold on me. You would want me to be a strong, healthy individual, who could live my life to the fullest without being a slave to your sweet, creamy goodness.

At long last, I have come to that proverbial fork in the road, where I must make a choice upon which path I wish to travel. I have made that choice, and from this day forward, I am going to live without you. I will no longer let you enslave me to your mind altering temptations. I am Woman, hear me roar. The fat lady is singing. I don’t need you to worry for me, ‘cause I’m all right. Go and enslave someone else. This is my life.

Shirley

P.S. In case of an emergency, where can I locate your cousin, Dark Chocolate?