Reflections Practice Small Group

"You know when the low carb/no carb came about, I did it for four months. Tha I did not eat like any carbs that I know of. But seriously, there is no way I could of my life, it's not realistic."	
`Like, I'm totally afraid if I don't change cause my numbers are borderline. Plus want to look on the scale. If I do, I'll totally freak out I'm sure."	, I don't even

"I seem to keep sabotaging my efforts, it's like I have a food addiction or something. I've tried every diet and some exercise, but nothing has really worked. I think it is just genetics or something, I think maybe I'm just meant to be fat."
"Well I tried eating more fiber from whole plant foods, and I did feel full, but making them taste good and all the gas I got at first made it tough to keep with. Also, I tried the food journaling, but it took so much time to write everything down. It lasted like two weeks, then I was done with it. I just don't think it's for me. I really hope you're not going to tell me I have to do more that journaling."