



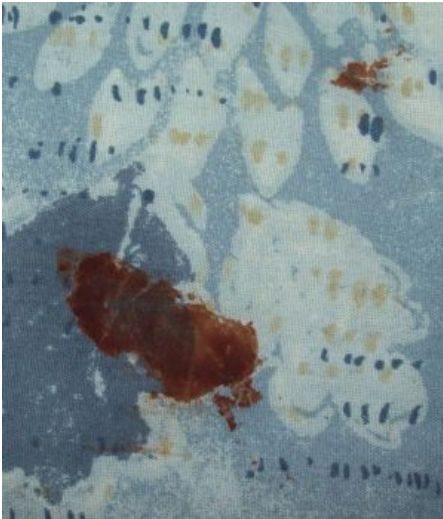
BROOKLYN_BORN

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“Out damned spot! Out I say!” Just like Lady MacBeth...

Sunday, February 03, 2013

I've discovered a regrettable stain, a visual reminder of an unfortunate deed.



No, it's not blood on the comforter on my bed. It's chocolate! The only victim here is me.

MacBeth wanted power and had the opportunity to get it.

I wanted comfort and in the fridge I saw an almost empty can of chocolate icing.

So I grabbed it.

Who saves icing? DH wasn't able to get it all on the cupcakes last week when the grandkids were visiting and he saved it. And I ate it – in bed. That's a first, even for me, but I was feeling kind of low a few days ago.

It doesn't qualify as a binge. There just wasn't enough of it to deserve that title and certainly not enough to affect my weight.

Although I'm a conscientious tracker, I didn't track that because I forgot about it. In the old days I forgot or ignored a lot of what I ate. Like many people I underestimated my portions, convinced myself that it was OK to eat lots of food as long as it was “healthy” and rationalized overeating because my body “needed it.”

Well, now I have this stain to remind me that no matter how long in maintenance, temptations still exist and I can still succumb.

Poor Lady MacBeth, she didn't have modern laundry products. Her spot was imaginary anyway and her

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guilt drove her insane. My spot is real, but I'm fine. I'll just take my spot and "Shout It Out."

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SRVFREAK176



that is all....

3052 days ago



BOILHAM



Picturing DH finely balancing the last possible dram of chocolate icing on his cupcakes, before succumbing to defeat and refrigerating the remains. LOL.



LOL

3052 days ago



CD13252816



After I finished laughing I had a distressing thought. How do you track this?



3052 days ago



SLENDERELLA61



Great blog! I can identify with forgetting to log food and sometimes then there are little reminders... and I say, oh yeah, woooops! Hubby says, "Now where are those crackers? I know they were at least four left yesterday." And I try to decide whether to confess or not. I look at him sheepishly and don't have to say anything. Isn't the first time. Probably won't be the last. But I'm getting closer and closer to 100% tracking.

Best wishes for effective spot remover and less and less need for it!! -Marsha

3052 days ago



TINAJANE76



Love this! I wish every poor food choice I made came along with such a visible reminder of my transgression, lol!

3053 days ago



SUZYMOBILE



Yep, I got into the chocolate last night, too. Chocolate cream pie is a big weakness of mine, and Bill loves it, too, so ... Good thing I'm in a position to need to gain a few! I knew when I was buying it that some of it would go down my gullet.

3053 days ago

Comment edited on: 2/3/2013 9:51:56 AM



MISCHAKEO



That was funny. I also have eaten frosting cans in weird places. Shout out that sport. Today is a new healthy day!

I think the days and days of fog can just be depressing. Hope yours goes away.

3053 days ago



CELIAMINER



Your humor is much needed! I've been down on myself for mindless snacking the last three nights while DH has been away. Yes, I recognize the pattern. When he is home, I rarely snack after dinner. When he is gone.... The only saving grace is that the snacking decreased progressively each night, so that yesterday I was only about 100 calories over. At least I had a lot of physical activity yesterday, but I still need to address the issue of snacking when alone.

3053 days ago



COCK-ROBIN



Yes, temptation is great, especially chocolate. I know, I'm a certified chocoholic.

3053 days ago



WILSONWR

No matter how hard we try to avoid them, temptations definitely exist in life! You do a great job of managing them, though (even with the little chocolate icing "slip").

3053 days ago



WATERMELLEN

Somewhat less tragic than Lady MacBeth's situation . . . but oh I recognize that "slippery slope" regardless of the calories actually involved.

Don't suppose you want to leave that spot there as a visual reminder? No, didn't think so!!

3053 days ago



ONEKIDSMOM



I have to admit, I expected something different when I opened the blog. Thanks for my Sunday morning giggle!

3053 days ago



LESLIE871948

Snort. Funny this.

3053 days ago



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