**Been There, Done That**
It’s a phrase we throw around a lot in our everyday
conversations. All of us have different
“Been There, Done That” lists. Mine
consists of things like camping where there are no showers, watching scary
movies, heating the house via a wood-burning stove. My husband’s list would probably read
something like going to the ballet, attending a Jack-and-Jill shower, eating a
frozen dinner (on second thought, he probably has never had the pleasure, but
if he should. I’m confident it will make his BTDT list).
Now think about your list. I bet you noticed right away that there is a
common thread running in all our lists: Experiences we have labeled even more
emphatically than never again!
Been there, done that.
Just four words, but what a clear, no-nonsense message they
deliver. It’s our own short-talk for
“sorry, buddy, ain’t no way I’m gonna go down that road again!” So here’s what
puzzles me. Why is it that some of our
most negative experiences never make it to this list? Examples, anyone?
How about a time you might have overeaten, had too much
to drink, driven too fast, spent too much money, got too much sun.
I know I’ve experienced some of these events more than
once. I even recall being a young adult,
lying in my spinning bed at 3 a.m., moaning “never again!” had too much to
drink-but I can’t. Suffice it to say at
that time immaturity kept the extra cocktails coming.
As for an overeating experience, let’s just say I do
have some memory of thinking “never again!” as I undid my pants button on the
car ride home from a social event. But I
never thought about putting these items on my “been there, done that”
list. After all, I love food, and I do
enjoy a social cocktail or two. So how
could I possibly add these things to a list that has such finality?
The light bulb just went on above my head.
If I want to put a stop to a negative behavior, it
might help to pare it down. Take the
overeating, for example. Although it
isn’t possible to take food out of my life totally (thank goodness), it might help
to discover where in my daily experience eating turns into overeating. Is it
when I go back for seconds?
Or is it the unconscious eating that gets me into
trouble? Unconscious eating makes me
feel out of control, but what I really react to is that feeling of being
overstuffed. That’s the “been there,
done that” experience I want to eliminate from my life.
I know just putting unconscious eating on my list won’t
stop me from overindulging, but it’s a start.
It will raise my awareness. It will remind me that I hate the feeling of
being stuffed and of not even remembering what it was I ate that caused this
feeling.
Putting it on my list will remind me that I hate this
bloated feeling as much as I hate spinning beds.
So the next time a friend asks if I want to go to the
new all-you-can-eat buffet in town. I’ll
be able to answer, “Been There, Done That. And never again!”

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6 PointsPlus Value

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| Ingredients | *PointsPlus Value* |
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| 2 cup(s) (chopped) lettuce | 0 |
| 1/2 cup(s) canned black beans \* | 2 |
| 10 medium grape tomatoes | 0 |
| 1/4 cup(s) uncooked carrot(s) | 0 |
| 1/4 cup(s) uncooked bell pepper(s) (diced) | 0 |
| 6 item(s) baked low fat tortilla chips (coarsely broken)\* | 1 |
| 2 Tbsp shredded reduced-fat Mexican-style cheese \* | 1 |
| 2 Tbsp reduced fat ranch dressing \* | 2 |

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| Instructions |   |

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| Combine lettuce, beans, tomatoes, carrots and pepper in a bowl; toss with chips, cheese and dressing. |

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| Swaps |   |

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| For a gluten-free meal, ensure that canned beans, tortilla chips, cheese, and salad dressing do not contain gluten. (These swaps may affect ***PointsPlus***® values.) |