

CHAPTER SIX

PHASE III: Staying Sugar Free for Life

In the next phase, you're moving from your first few weeks of sugar abstinence to maintaining your sugar abstinence over the long haul. This takes a different focus than your sugar detox. While your sugar detox was often physically challenging, you were able to focus and get through it, knowing that the discomfort was only for a time. But now you're facing years without sugar, not a few days or a week. This entails an examination of why you ate sugar in the first place, and the function that sugar served in your life. In order to be sugar free for life, you'll need to find ways to meet these needs without sugar: a journey that you are really just beginning.

Why Did You Abuse Sugar In The First Place?

While the first two weeks without sugar can be physically challenging, this challenge is ameliorated by high motivation and enthusiasm. It is in the following weeks and months, as your enthusiasm wanes, when it's easiest to slip up and eat sugar. Often this occurs because we get forgetful; we're feeling good and we forget just how awful eating sugar made us feel. We think that because we're not craving sugar that we can eat just a bite or a small serving and be fine. We need to replace our old thinking with new thinking; thinking that supports our new lifestyle. We need to remind ourselves that we've made a permanent lifestyle change; giving up sugar isn't a temporary whim.

[In many ways, giving up sugar is just the beginning.](#) What you've accomplished in your sugar detox is eliminated your body's physical, chemical dependence on sugar. Staying sugar free, however, means eliminating your *emotional* dependence on sugar: examining why and how you turned to sugar in the first place.

In that respect, the next few months may be the most challenging, as you examine the ways you used sugar for comfort, or used sugar for protection--- as a way of running away from your problems, keeping you from facing your behavior. If you subconsciously used sugar as a way of playing it safe, remov-