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Dr. Glenn: Hi, I'm here with Lori Neighberg following up. I think it's almost six months now, is it Lori?

Lori: Yeah, I think so, long time.

Dr. Glenn: Tell me where you stand now, how are things going to you. Feel like you've got a more solid grasp on how your pig tries to fool you and give a sense of where do you stand and your feelings of independence and being able to manage your cravings, tell me how's it going.

Lori: Okay. I have to say that my pig has been in and out of its cage every so often, okay. I'm being honest because if I were going to lie I would say, "Yeah, the pig's in the cage all the time and I'm doing great." I am doing really well but I'll tell you why because if the pig comes out of the cage, I know and I have confidence in myself that I put him back in and that it's not the pig controlling me. It's almost like I've allowed the pig to come out and I've been able to know that I can put it away and know -- you know in the past, I think I've been at a point where I was like, "Oh my goodness, the pig came out. I'm done. This is done, this is over, my food plan doesn't work and I'm losing it and I'm never going to get it together."

I don't think that way anymore at all. I have a lot more confidence, I know that the pig is not me. I know that I am making the decisions for my life and if I, Lori who make the decision to let the pig come out or not come out. So I'm really happy about that, really happy. And you know I'd like to hear what you have to say about that. I'm also not writing my food down as consistently according to my food plan which was I was going to write down what my food was. I'm not doing it as



consistently as I would like to be but again I'm doing it when I do it and I'm comfortable with that.

All of that being said, I have to say that when I notice that emotions come into play with me in my life -- and I think this is something that's always been one of my issues, I think I become unconscious sometimes. And as much as I can say that I allow the pig to come out, I think the pig sometimes comes out because of whatever emotional thing I might be going through and I'm unconscious while I'm letting the pig out but I'm very aware that the pig was going out but I know that I can let the pig get back in. So I think what bothers me is that I don't like when I let my emotions get me into this unconscious state even if it's just for a very short time and I know that I have control of it. Does that answer your question?

Dr. Glenn: Yeah, wonderful. Wonderful, you describe so much. What do you want me to address, all of it, some of it, a particular point?

Lori: I guess I'm looking for approval that what I said initially was okay. I think that would be the first part and the second part would be, is there any way that I can try not to let my emotions turn me to be unconscious and unaware?

Dr. Glenn: Sure. We can do all of that. Okay so let's talk about the approval part. You've always been in control, you just didn't know it and the whole purpose of Never Binge Again is to restore your sense of freewill and power. You could just let the pig out if you really want to and you can put it back in whenever you want to. It's a very, very common path. There are some people who say, "I'm never going to do this again and I never ever do it again." It's important to know that that's a possibility, but food interrupts with life in a myriad of complex ways and we all



have adult free choices in how we want to use food to navigate through life. So the description of being awake when you let the pig out and no longer being fooled by the pig telling you that it's way too strong and that it's just ridiculous that if you have one bite of Goldfish or something that therefore the floodgates are open and you're going to eat all the Goldfish you can for the rest of your life, that that's just ridiculous.

It's very common, people, they get to control and they want to change their mind a little bit about the food plan and they let it out for a while, put the pig back in and that's okay. You want to experiment with what works. What's a good idea is if you're learning that there are particular situations or food that you want to make exceptions for, it's a good idea to go back and change the plan so that these exceptions are actually on your plan and then there's less guilt associated with that and so when the pig can make you feel guilty then it can make you weak. That wears you down and makes you want to binge.

Lori: Okay.

Dr. Glenn: Yeah. So going in and out, being more conscious of it, that's perfectly fine. The way that a lot of people describe it is that they've learned that they can be a hundred percent perfectly committed without being perfect. That's a lot different than the message we get in our culture which is, "Don't even try be a hundred percent committed, just try to do it today. Progress not perfection. You can't know what you're going to do tomorrow." All of that feeds a sense of uncertainty like there's a big bowl of Goldfish or whatever your pig slop happens to be, that it's out there waiting for you and you are going to fall underneath it one day no matter what. That's just not true. The same thing for writing down the plan, if after doing some experimentation you find that you only want to write down your plan at certain times, then make adjustments to your



food plans so it more accurately reflects what you really think is best. I really recommend once or twice a month you sit down and you look at your food plan and you say, "Do I still believe this is intellectually the best way that I should eat or if there's any place that I really want to loosen up. Is there any place that I want to tighten up?" Go through the process again and take care of yourself in that way so that you're eliminating the discord inside of yourself and the boundaries of the pig's cage become progressively clearer to you and you become progressively happier with them.

Lori: I get that. Yeah that makes a lot of sense. And that's very doable for me. That's like I could just look at it, notice a few things that I would change and I think it makes a lot of sense.

Dr. Glenn: I'll give you an example. For a long time I struggled with nuts then I realized that I was considering cheating but once in a while I put nuts in a smoothie and I had no problem with it. I put like half a handful or a handful of raw nuts in a smoothie and I didn't really go to counting it and afterwards I just had the smoothie and that was that and it made it a little bit creamier and you know a little more calories or whatever, sometimes I needed that. And I had this rule that I was never supposed to eat nuts again but when I really evaluated it, I realized that having nuts in a smoothie was really fine for me, it was actually a good idea and get a little more -- especially seeds, like chia seeds or some essential fatty acid seeds and it was okay a couple of times a week. So I changed my plan so that it would be a couple of times a week and then I was happier with the plan and things just kept evolving.

Lori: Right, I understand. Even like for me one of the things that I have in my food plan is I have no chips of any kind, gluten-free or any kind. I mean believe it or not -- and I know I brought this up six months ago



and I'm going to say it again. I have not had popcorn in six months. So don't ask me why that part of my food plan has stuck but that part of my food plan has stuck, it's unbelievable. But my thing with chips, sometimes I know I just need something crunchy and a carrot is not going to do it, but I know that I can manage my amount. If I know I'm having one serving of chips which might be six corn chips that goes with my salad for the day, I know I'm okay. So I can adjust my food plan accordingly.

Dr. Glenn: Yeah, why not? And then monitor yourself if that makes it harder for you to keep the pig in the cage and you might have to go back. But you don't want to slice a watermelon with a chainsaw. And a lot of times, because it's so devastating when we let our pigs out and we have the sense of powerlessness over it and it really just goes to town and then we have all these bloating and fatigue and we gained the weight and we don't feel like working or exercising or talking to anybody. You know anybody who's binged just really knows that there's nothing worse in life than having to recover from binge. It's just, there's just nothing worse.

And so because of that, a lot of times people early on slice a watermelon with a chainsaw when you just really needed a good knife to do that or maybe a better analogy would be, if you are city traffic planner and you put up a light when a stop sign really would've done, then you could experiment with taking down the light and putting up a stop sign instead. But when you do that you have to monitor that intersection better for a while to make sure there aren't any more accidents.

Lori: Exactly.



Dr. Glenn: It sounds like the thing you really wanted to talk about was how the emotional upsets were the one place where you felt like you weren't consciously letting the pig out but the pig came out without your awareness. And you're not having trouble putting it back in after it comes out but you would like to have more control.

Lori: Yes. And I know I think this has been ongoing for six months. That that's been one of my big issues but then the bottom line is in life, my life and everybody else's life, there's always something that's happening or emotional going on. I know I can put it back in, see that's the thing, I can have control. I'm not happy when something emotionally will let me let it out.

Dr. Glenn: Give me a couple of examples and let's figure this out.

Lori: Well, let's say something's upsetting and I know that I don't want to eat whatever it is that I might eat at that moment. And it's not even like a big binge, maybe it's two servings of chips instead of one serving of chips let's say. And yet I really didn't want to add that to my diet but I was eating it just unconsciously and I chose not to think about why I was eating it because -- you know I guess it's the bottom line, I guess I was eating my feelings. It felt like I was eating my feelings but I was able to control it, believe it or not, eating my feelings but with control but too far from where I wanted to go.

Dr. Glenn: So what's the goal? Do you want to be able to use food as anesthesia once in a while, is that the goal?

Lori: I don't want to. I don't want to ever eat food unconsciously, ever.

Dr. Glenn: No matter what you feel?



Lori: Yes.

Dr. Glenn: When you described it just now it sounds like you were conscious of it but you made the choice to do it anyway. You just had more than you wanted to.

Lori: Right. But now it sounds like I'm contradicting what I just said before that I have control of my pig when I let him out. So it's almost like I'm contradicting myself in a way.

Dr. Glenn: Well, one of the things you have to watch out for is that the pig will say, "You know you're really getting good at this Never Binge Again stuff and therefore you can let me out a little because you can always put me back in." So maybe there's a little bit of that going on. Why don't you tell me about the specific situations, when was the last time this happened?

Lori: I can't remember exactly probably because I blocked it out, probably because I was unconscious when it was happening. I think something upsetting happened and I probably went into the pantry and -- I'll give you another example. My husband have bought this bag of chocolates, okay? Part of my food plan is allowing myself my one chocolate and I've been really, really good at sticking with that and I think I was just emotional about something that had happened, something that was upsetting, probably involving my children which always does. And I went to the bag of chocolate and I had one, I thought, "That's good, I'm having my one piece of chocolate, that's okay." And then I had two, three, four little baby chocolates and I think I stopped in about four or five. But I wasn't happy because I didn't want five pieces of chocolate. I wanted my one and I was eating it



unconsciously. I mean like, I knew but I didn't know, I didn't care. Maybe it's just that I didn't care, I didn't care. I was just one, two, three, four, five. It was like those five probably only amounted to maybe one or two servings of it but it didn't matter. I wasn't happy and I didn't want to do that.

Dr. Glenn: Well because you felt like you lost control of your own feet?

Lori: Yeah, I did because I've been so much in control I felt.

Dr. Glenn: What happened with your kids that was so upsetting to you that you wanted to have the chocolate?

Lori: Probably one was telling me that he's going to quit his job here and leave Florida and move to Chicago.

Dr. Glenn: That's a big deal.

Lori: Yeah.

Dr. Glenn: So you might rather have some extra chocolate instead of a child in Florida?

Lori: Yeah, let's put it that way.

Dr. Glenn: Yeah, I understand. What if all your kids move out of Florida, are you going to have more than one serving of chocolate again?

Lori: I don't know. I don't want to. No, no, no, no, no.

Dr. Glenn: What's your rule about chocolate?



Lori: I let myself have one piece after dinner. It's my little sweet treat. That's my food plan. I'm good at that.

Dr. Glenn: Are you ever going to have more than one piece of chocolate after dinner as a treat between now and the day that you die?

Lori: No, I don't want to but I did this unconsciously.

Dr. Glenn: Well are you going to do that anymore?

Lori: I don't want to.

Dr. Glenn: Are you or aren't you?

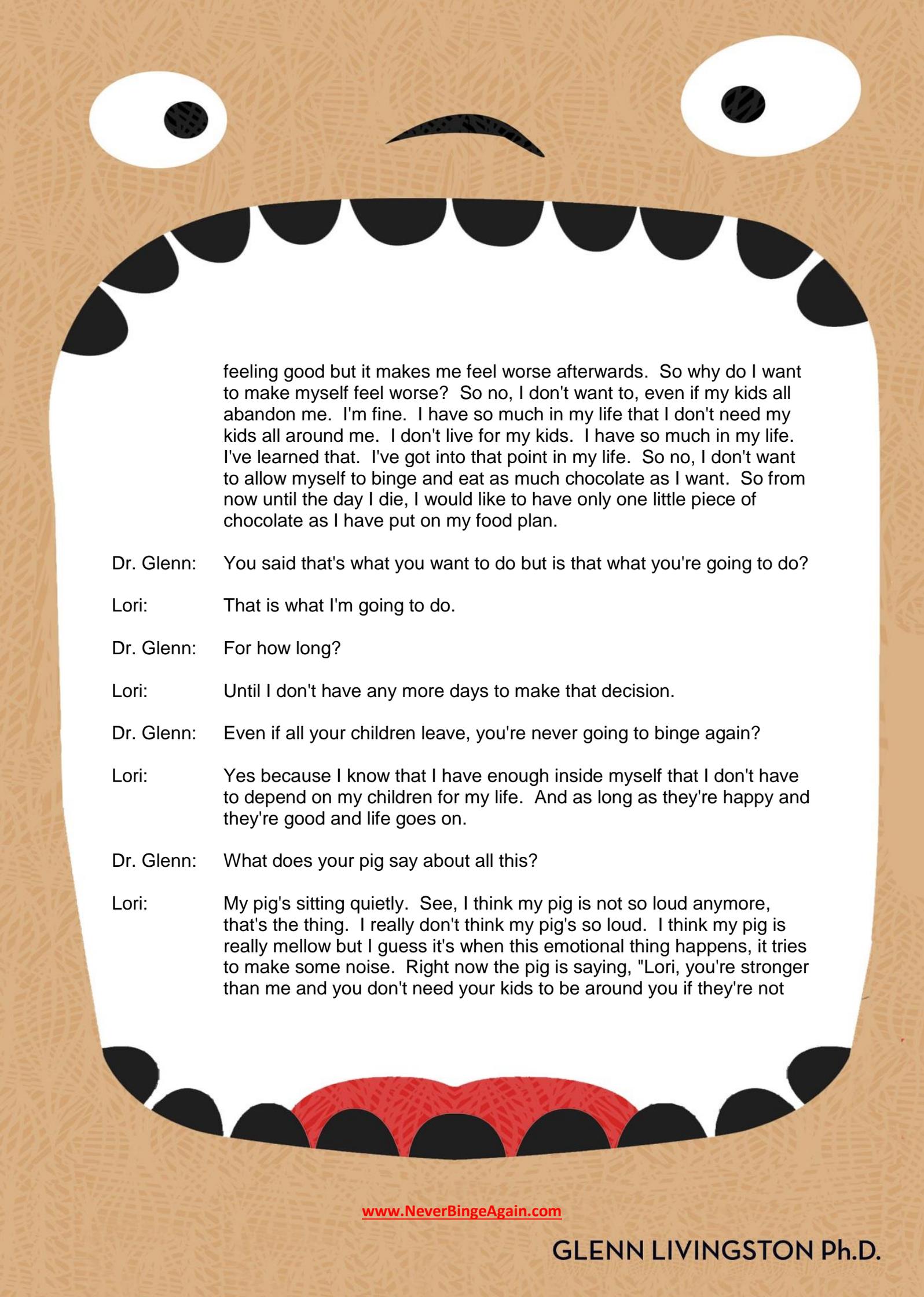
Lori: I'm not, I'm not going to do it.

Dr. Glenn: Even if all your kids leave?

Lori: I might be eating more than chocolate if that's the case. Yeah, even if my kids leave I'm going to control my pig and stick to my food plan.

Dr. Glenn: Do you want to make it a rule that if your children abandoned you that you're allowed to have a week of eating whenever you want to, is that what you want to do?

Lori: I don't know whether I want to do that, I don't think so because I don't feel good afterwards. I know we've had this conversation before. We've had this exact conversation. Why do I want to do something that's going to make me feel worse and then when I already feel bad enough as it is, it might be in a second I think I'm feeding myself and



feeling good but it makes me feel worse afterwards. So why do I want to make myself feel worse? So no, I don't want to, even if my kids all abandon me. I'm fine. I have so much in my life that I don't need my kids all around me. I don't live for my kids. I have so much in my life. I've learned that. I've got into that point in my life. So no, I don't want to allow myself to binge and eat as much chocolate as I want. So from now until the day I die, I would like to have only one little piece of chocolate as I have put on my food plan.

Dr. Glenn: You said that's what you want to do but is that what you're going to do?

Lori: That is what I'm going to do.

Dr. Glenn: For how long?

Lori: Until I don't have any more days to make that decision.

Dr. Glenn: Even if all your children leave, you're never going to binge again?

Lori: Yes because I know that I have enough inside myself that I don't have to depend on my children for my life. And as long as they're happy and they're good and life goes on.

Dr. Glenn: What does your pig say about all this?

Lori: My pig's sitting quietly. See, I think my pig is not so loud anymore, that's the thing. I really don't think my pig's so loud. I think my pig is really mellow but I guess it's when this emotional thing happens, it tries to make some noise. Right now the pig is saying, "Lori, you're stronger than me and you don't need your kids to be around you if they're not



going to be around you and you don't need to use chocolate as an escape." So, my pig is quiet.

Dr. Glenn: What if the kids left and you were also financially devastated, what about then?

Lori: Instead of eating chocolate, I would have to figure out ways for me to take care of my life and by eating chocolate it's not going to be the answer.

Dr. Glenn: What would you do?

Lori: I would go to all the people that I have in my life that are my support and ask for help and advice and encouragement and I know that I'm not alone. I have enough inside in me to be able to figure out what I need to do.

Dr. Glenn: You sure a little chocolate wouldn't help you at that time?

Lori: No, it would make me feel worse because then I would feel like I'm getting fat.

Dr. Glenn: What would you do if your kids left you and you're financially devastated and something horrible happened to your husband?

Lori: I would do the same thing. I would go to the people in my life that are my support and my backbone and I'm thankful that I have them. That too I would go to because the chocolate's not going to do anything for me. Chocolate's not giving me any peace, it's not giving me any encouragement and it's not giving me any support. All it's going to do is make me feel uncomfortable. So as long as I can identify between



the feeling that chocolate will give me and the feeling that my people in my life will give me, I will be okay.

Dr. Glenn: How sure are you that between now and the day that you die that no matter what happens, no matter what you feel emotionally and no matter how abandoned or emotionally tortured you feel that you're never going to binge again?

Lori: I feel confident that I'm never going to binge again.

Dr. Glenn: How confident?

Lori: Extremely confident.

Dr. Glenn: What percentage would that be?

Lori: 99.9 percent confident.

Dr. Glenn: So your pig must be saying something about another 0.1 percent?

Lori: No, it's really not. It's a hundred percent. I'm a hundred percent. I think what my big question is -- okay this is what the pig's probably saying, "But Lori if you're asleep and you're unconscious, then you're just going to eat the chocolate anyway." So I think that's what my pig is saying.

Dr. Glenn: Therefore you better not lie to yourself because you're going to feel guilty if you lie to yourself because you know that I might not be able to get you now but I can get you when you're not paying attention.



Lori: Right. That's probably the scariest thing. So I wonder what I can do for myself when I think I'm going unconscious and waking myself up before the pig is going to try to sneak out.

Dr. Glenn: Well, is there anything that's ambiguous in your plan is your only way that if you step back and say, "This is on or off my plan" you might not actually know?

Lori: What do you mean?

Dr. Glenn: Well if you take the chocolate rule, it's pretty clear that you get one piece of chocolate after dinner, right?

Lori: Right, right.

Dr. Glenn: It's hard to figure out how your pig's going to fool you there because as soon as you reach to the second piece, you're going to know that that's pig slop.

Lori: Right.

Dr. Glenn: So how could the pig tell you that you're going to be unconscious and reach for that second piece? You're going to recognize it as soon as it's piece number two won't you?

Lori: Right. So I'm not really unconscious. I'm very aware.

Dr. Glenn: What percent of the time would you recognize when you went over one piece?

Lori: All the time.



Dr. Glenn: That's the answer.

Lori: Yup, all the time.

Dr. Glenn: That's what you want to do with your whole food plan. You want to set it up so there's no ambiguities so that you'll easily recognize it and then the pig can't tell you that it's going to slip one by you. You'll see with a hundred percent clarity what's happening.

Lori: Right. And you know that's what works for me before. That's what made me in control most of the time. I didn't really feel that way, that's why it worked for me.

Dr. Glenn: So what you also want to do is periodically review your food plan for areas where the pig could've slipped in some ambiguity because the pig is always looking for cover and darkness is the best cover because you're going to expose every last element to the food plan to as much light possible and then make it as simple as possible so that there's no place for the pig to hide. That's how you prevent yourself from going unconscious and then you don't worry about what the pig says about later because you can only eat now. The only time you can put your food in your mouth is now so you don't have to worry about later.

Lori: I get it, makes sense. I got it.

Dr. Glenn: Well how confident are you that you're never going to binge again?

Lori: A hundred percent confident. I've got control of my pig a hundred percent of the time I'm going to be in the moment, I'm going to my food



plan and check it out and maybe tie up some ambiguities there. I'm totally confident.

Dr. Glenn: I am too Lori, I believe you.

Lori: Thank you.

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