

**Glenn Livingston, Ph.D.  
and Lucy Dixon in  
THIS IS SO SIMPLE**

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**Dr. Glenn:** Hey, this is the very good Dr. Glenn Livingston with NeverBingeAgain.com. And I'm here with a nice woman named Lucy, who has agreed to let me record this session so that you can all benefit from her insights and struggles and observations and enthusiasm and all of the like. So Lucy, how are you today?

**Lucy:** I am good. Thank you, Glenn. How are you?

**Dr. Glenn:** I am very good. And I understand you got your son to sleep.

**Lucy:** I did, yeah. Well, I should probably talk really quietly so I don't wake him up.

**Dr. Glenn:** Okay. I'll try not to get you too loud.

**Lucy:** Okay.

**Dr. Glenn:** Why don't you catch me up? Why don't you tell me how Never Binge Again has been going for you and any struggles that you're having and tell me how I can help.

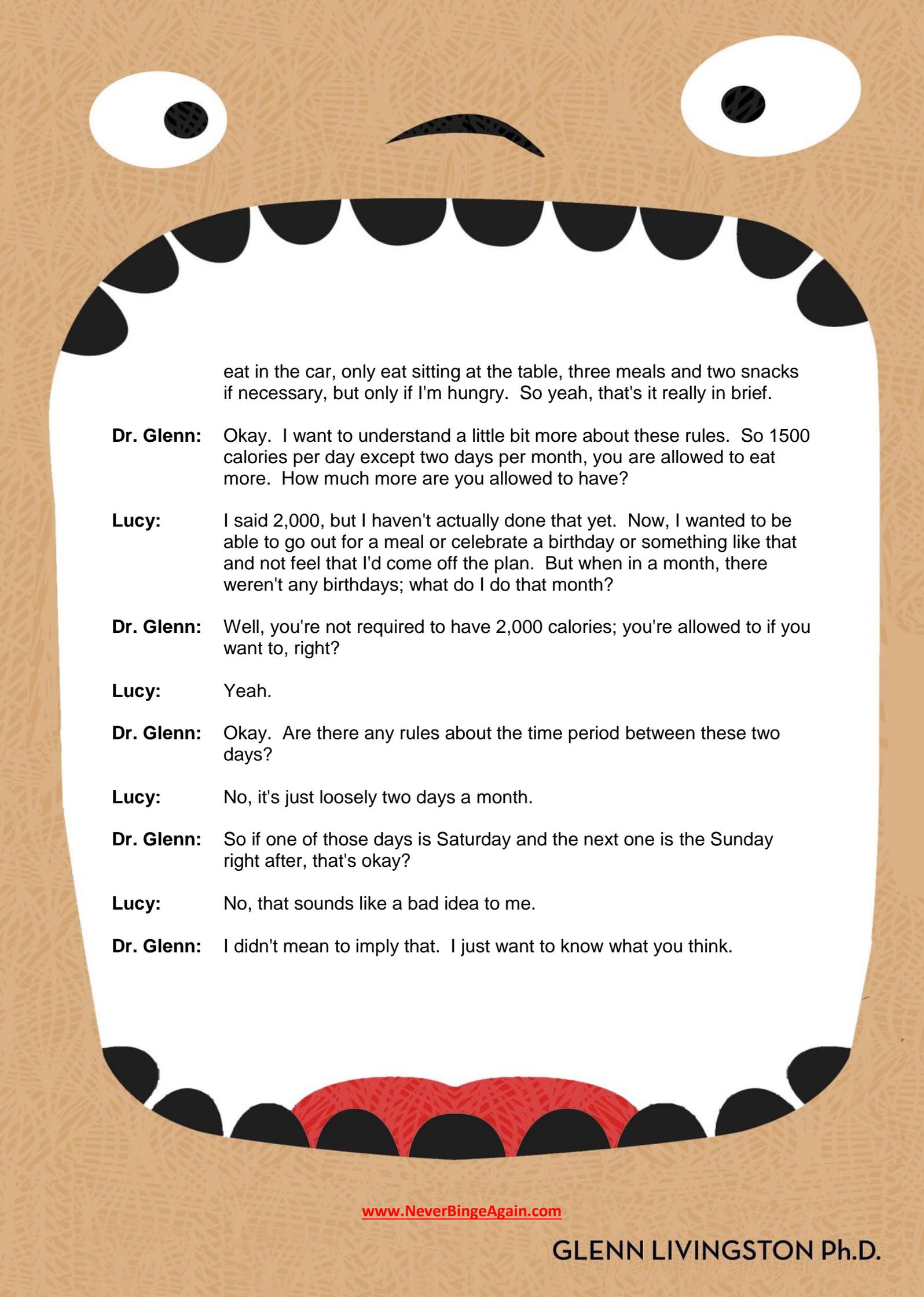


**Lucy:** I've had a couple of attempts at it. The most recent one has been the most successful so far. So far, I'm on day 11, I think, of not bingeing, which for me, that's -- I mean, I haven't been more than maybe one or two days for about five years. So yes, that's obviously a huge thing for me. I still feel quite scared that it's not permanent. Yeah. So yeah, I could do with some help. When I've fallen down before, I think like my rules weren't strict enough -- or maybe "strict" is the wrong word, but they just weren't working for me. So I sort of tweaked them and it seems to be better this time. But I think there's still some ambiguity in there which is why maybe I feel a bit nervous about it and that it's not -- that I might slip up.

**Dr. Glenn:** That would make sense because the pig is always actively looking for ambiguity in the food rules. So let's talk about your plan. What is your plan currently?

**Lucy:** Well, I'm vegan. Only, that's not part of this plan. It's just a fact. So obviously, no animal products, but that's an easy one to stick to. So I have a 1500 calorie a day limit. In my plan, I've said that two days a month, I can have more than that, and two days a month, I can have alcohol. But I don't know when to plan that in, like the thought of doing it scares me, but the thought of never doing it also scares me. I can't say that I'm never going to drink wine again 'cause that was just too depressing. But I don't know, I just don't feel strong enough to allow myself the two days a month with wine that I have originally said I could have.

Apart from that, it's three meals a day, never eat standing up, never eat in the car because stopping at petrol stations and then eating rubbish in the car was a bit of a habit. So I will never eat standing up, never



eat in the car, only eat sitting at the table, three meals and two snacks if necessary, but only if I'm hungry. So yeah, that's it really in brief.

**Dr. Glenn:** Okay. I want to understand a little bit more about these rules. So 1500 calories per day except two days per month, you are allowed to eat more. How much more are you allowed to have?

**Lucy:** I said 2,000, but I haven't actually done that yet. Now, I wanted to be able to go out for a meal or celebrate a birthday or something like that and not feel that I'd come off the plan. But when in a month, there weren't any birthdays; what do I do that month?

**Dr. Glenn:** Well, you're not required to have 2,000 calories; you're allowed to if you want to, right?

**Lucy:** Yeah.

**Dr. Glenn:** Okay. Are there any rules about the time period between these two days?

**Lucy:** No, it's just loosely two days a month.

**Dr. Glenn:** So if one of those days is Saturday and the next one is the Sunday right after, that's okay?

**Lucy:** No, that sounds like a bad idea to me.

**Dr. Glenn:** I didn't mean to imply that. I just want to know what you think.



**Lucy:** No, that would make me feel that it was like -- you know, often, like an epic binge. It just seems like you might as well carry on. That's what that would feel like to me.

**Dr. Glenn:** How much time would you like to have between them?

**Lucy:** Maybe -- well, I guess it would make sense to say two weeks.

**Dr. Glenn:** Do you feel like you need that? Would a week be enough?

**Lucy:** A week would be fine. For example, I've got my friend's wedding at the beginning of September, and then the week after, I'm starting a master's, so I've got social with all my new fellow students. So I know that will make sense to do it then. So I don't know, it's just the whole sort of having these firm rules and then having this sort of conditionals, that's kind of what I'm struggling with, I guess.

**Dr. Glenn:** Well, the conditional rules can be very firm also. They just have more context associated to them. The way we'd phrase it would be, I'll never eat more than 1500 calories per calendar day again with the exception of up to two extra calorie days per calendar month. I wish I may have up to 2,000 calories, and I'll never allow an extra calorie day unless one full calendar week has passed since the last one. So I'll send you this afterwards.

**Lucy:** Okay. Thank you.

**Dr. Glenn:** Basically, Lucy, what this says is two days a month, you can have 2,000 calories if you want to as long as you don't do it with less than a week in between.



**Lucy:** Mm-hmm.

**Dr. Glenn:** Will that interfere with your health or fitness goals?

**Lucy:** No, not at all.

**Dr. Glenn:** Why does the pig say that will cause you to lose control?

**Lucy:** I don't know. I think it will feel like cheating even though there are rules. That doesn't make any sense, but it will feel like I'm eating more than I should.

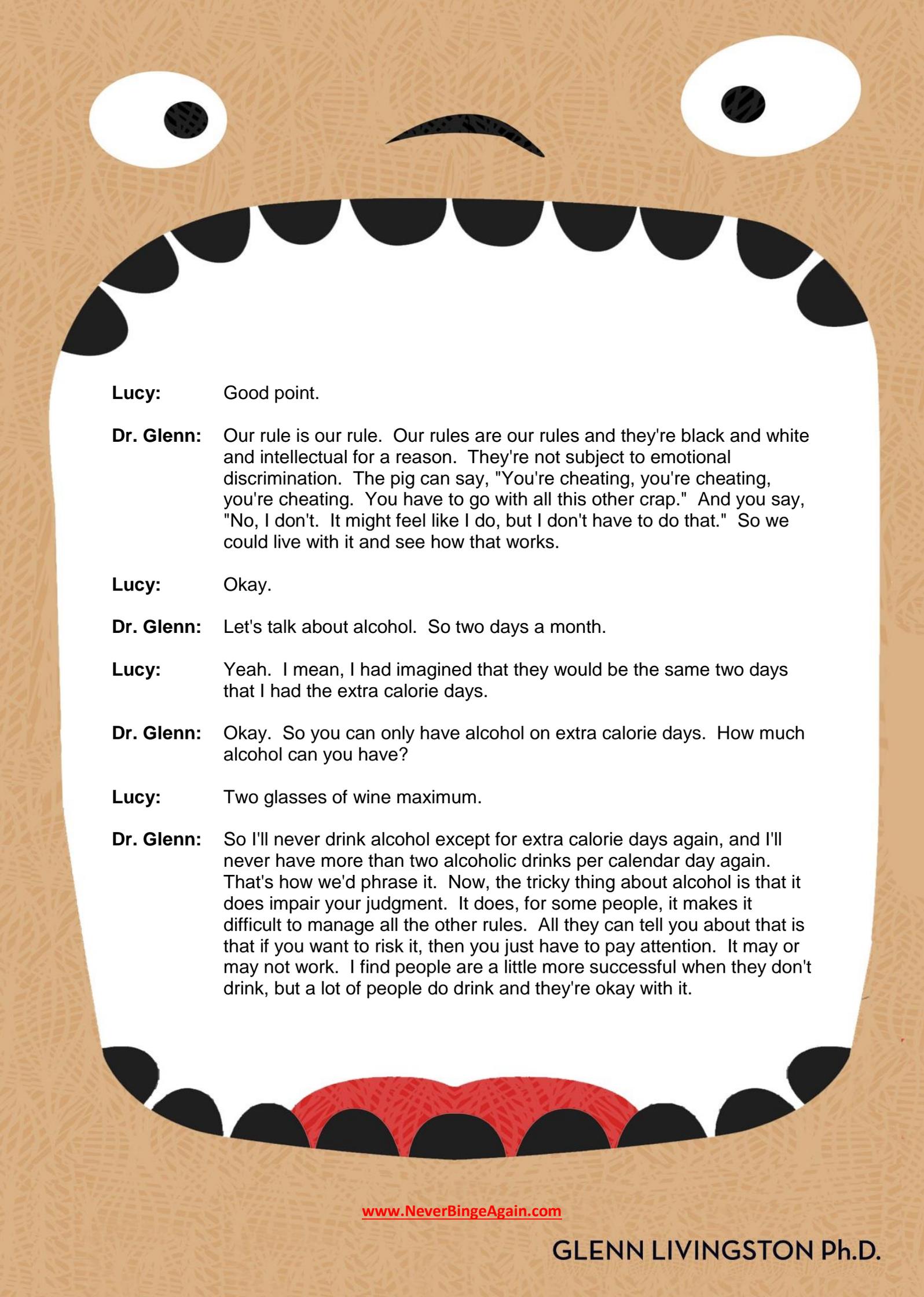
**Dr. Glenn:** Does it matter what it feels like?

**Lucy:** I don't know if it will make the pig think, "Oh, you ate 40 much yesterday. You might as well carry on." I don't know. I don't know. Until I do it, I guess I don't know how I'm going to feel. But that's my worry about it, looking at it from before it happens.

**Dr. Glenn:** Lucy, let me ask you a question, if you intellectually believe that this is the best thing for your health and fitness and your overall lifestyle, and you believe that you'll achieve your health and fitness goals by doing this, why does it matter what the pig thinks? What if the pig does think that you're cheating?

**Lucy:** I guess it doesn't matter as long as I don't listen to it.

**Dr. Glenn:** See, feelings aren't facts. Because the pig lives inside you, you might have that feeling; you could feel the pig's feelings, but it doesn't matter what the pig feels. It doesn't matter what the pig thinks. What do we care?



**Lucy:** Good point.

**Dr. Glenn:** Our rule is our rule. Our rules are our rules and they're black and white and intellectual for a reason. They're not subject to emotional discrimination. The pig can say, "You're cheating, you're cheating, you're cheating. You have to go with all this other crap." And you say, "No, I don't. It might feel like I do, but I don't have to do that." So we could live with it and see how that works.

**Lucy:** Okay.

**Dr. Glenn:** Let's talk about alcohol. So two days a month.

**Lucy:** Yeah. I mean, I had imagined that they would be the same two days that I had the extra calorie days.

**Dr. Glenn:** Okay. So you can only have alcohol on extra calorie days. How much alcohol can you have?

**Lucy:** Two glasses of wine maximum.

**Dr. Glenn:** So I'll never drink alcohol except for extra calorie days again, and I'll never have more than two alcoholic drinks per calendar day again. That's how we'd phrase it. Now, the tricky thing about alcohol is that it does impair your judgment. It does, for some people, it makes it difficult to manage all the other rules. All they can tell you about that is that if you want to risk it, then you just have to pay attention. It may or may not work. I find people are a little more successful when they don't drink, but a lot of people do drink and they're okay with it.



**Lucy:** Do you think it would be better to wait a few months to sort of say, "I'm not going to drink at all for say, six months," and then introduce alcohol back in after that?

**Dr. Glenn:** What would be the downside of doing that?

**Lucy:** There's no downside, I guess. I'll just be boring at parties, but no, there's no downside.

**Dr. Glenn:** So I would leave the rule that says, "I'll never have more than two alcoholic drinks per calendar day again," but I'll add one that says, "I will never drink alcohol before February 1<sup>st</sup>, 2018 again." Okay. So now you have the language for the rule if you want to implement it. And you can change all the alcohol rules, so I'll never drink alcohol again if you decide you want to stop at that point. Or if you want to try having two drinks at that point, you could do that. It sounds like you think it would be easier for you if you thought it was possible to have in February, so that's okay.

**Lucy:** Yeah. I think that would be like the possibility that I could have a drink. I like that idea.

**Dr. Glenn:** Okay. It's understandable. Then three meals a day and two snacks, how do you define the meals?

**Lucy:** So a meal is just breakfast, lunch and tea. Sorry, that's what we call them here. That's something that I never used to do before. I used to not eat all day and then just to eat like 6,000 calories in half an hour, whatever. So now, I'm having three meals a day, sort of proper meals, and then snacks in between if I need them. But I haven't been having



the snacks all the time, just if I feel hungry, basically, which I guess is what you're supposed to do. It's a novel idea.

**Dr. Glenn:** Well, that's a good guideline to have; eat when you're hungry and stop when you're full. It's not really a rule because it's very subjective, but it's good guideline. Maybe you don't have trouble with this, but a lot of people need to define more parameters around the meal. Like for example, they'll say, "It starts the first calorie that I consume and it ends no more than 45 minutes later, or an hour and a half later if it's in a restaurant."

**Lucy:** I've implemented a no second helpings rule. So basically, I can have something nice and tasty and filling, but once I finished it, that's it. Just because it was really tasty, I don't go and have more. So yeah, that has helped because otherwise, yeah, it could just spiral out of control. So yeah, just one plateful of whatever it is.

**Dr. Glenn:** Okay. So it sounds like you're not having trouble with that.

**Lucy:** Not at the moment, no.

**Dr. Glenn:** If that's not making you nervous, then we don't have to do that. Never eat standing up is very clear. Never eat in the car is very clear. Only eat at the table is very clear. So that's all very clear. It sounded like the calories and the alcohol.

**Lucy:** Yeah. The other thing I've struggled with with calories is what to do if I don't know how many calories is in something. Because so far, I've been at home or what I've been eating has been under my control. So what do I do when in two week's time I'm going to London for work for a couple of days and I'm going to stay with friends? I can't ask her if I



can calculate the calories in the meal that she cooks me, but I'm a bit nervous about it because I think I might think, "Oh well, it was probably a thousand calories, so I've now ruined everything," and blah, blah, blah.

**Dr. Glenn:** What my clients do is they do their best to look it up on their smartphone or something like that if they don't really have a good estimate. And they overestimate. They overestimate and maybe they'll be a little bit hungry that day because they're overestimating, and then they'll feel better.

**Lucy:** Okay.

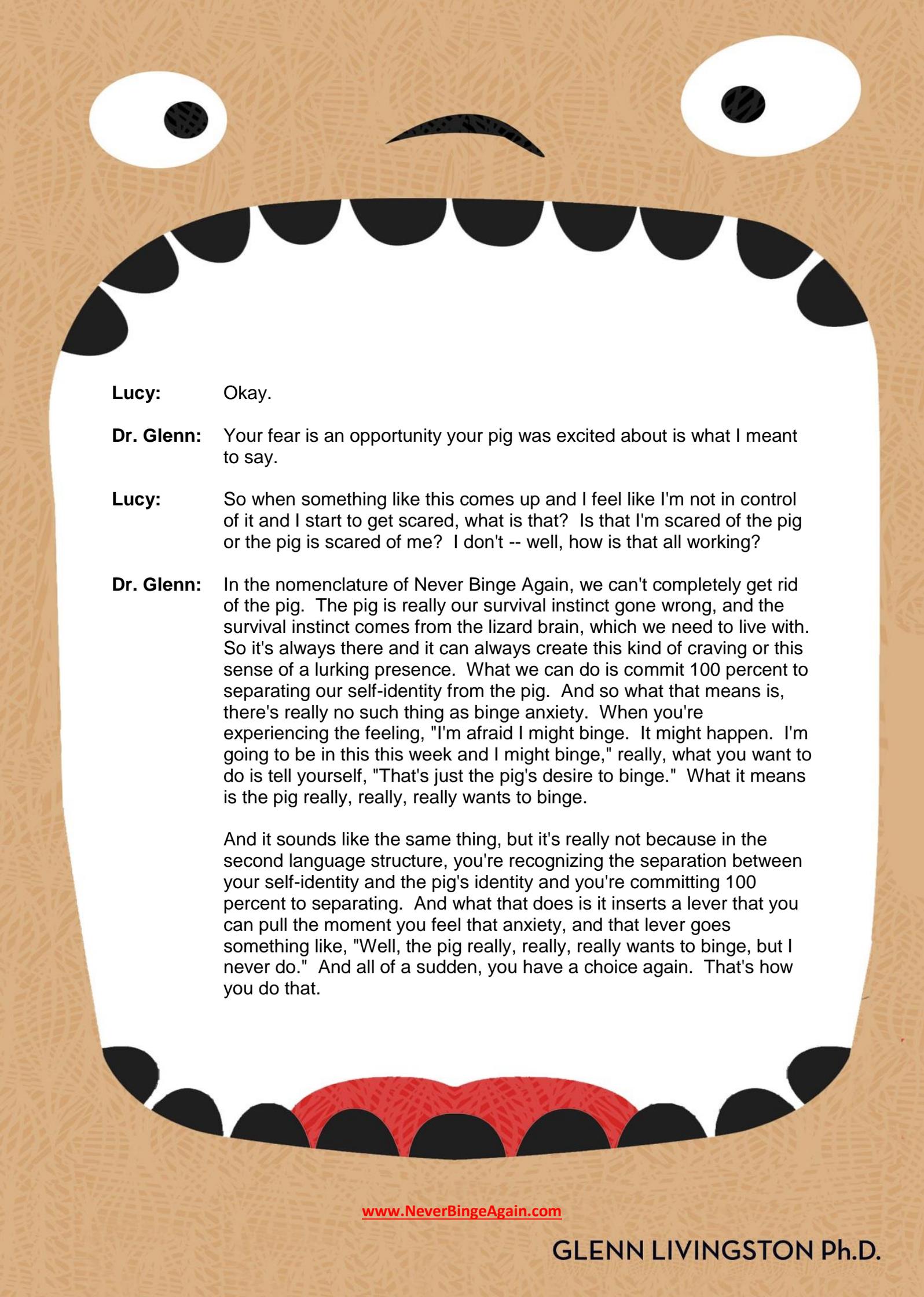
**Dr. Glenn:** It is a source of ambiguity you need to be careful with.

**Lucy:** Yeah. So I'm supposed to be staying at my friend's. And I was considering booking into a hotel so I can eat on my own and I'll know what I'm eating, but I know that she'll be really hurt because she won't understand why I don't want to stay with her.

**Dr. Glenn:** I don't think you have to do that. I think that you can write up a bunch of hypothetical things that she might make and practice a little bit beforehand, looking things up and figure out how many calories you're going to count. You know, do your best to look things up and overestimate.

**Lucy:** Okay. Yeah, I mean the good thing is being vegan, I get to kind of steer what she's going to cook anyway. So that's quite handy, I guess.

**Dr. Glenn:** Yeah. Your fear is actually an opportunity that your pig was very frightened of. But if you're paying attention to it, you'll be fine.



**Lucy:** Okay.

**Dr. Glenn:** Your fear is an opportunity your pig was excited about is what I meant to say.

**Lucy:** So when something like this comes up and I feel like I'm not in control of it and I start to get scared, what is that? Is that I'm scared of the pig or the pig is scared of me? I don't -- well, how is that all working?

**Dr. Glenn:** In the nomenclature of Never Binge Again, we can't completely get rid of the pig. The pig is really our survival instinct gone wrong, and the survival instinct comes from the lizard brain, which we need to live with. So it's always there and it can always create this kind of craving or this sense of a lurking presence. What we can do is commit 100 percent to separating our self-identity from the pig. And so what that means is, there's really no such thing as binge anxiety. When you're experiencing the feeling, "I'm afraid I might binge. It might happen. I'm going to be in this this week and I might binge," really, what you want to do is tell yourself, "That's just the pig's desire to binge." What it means is the pig really, really, really wants to binge.

And it sounds like the same thing, but it's really not because in the second language structure, you're recognizing the separation between your self-identity and the pig's identity and you're committing 100 percent to separating. And what that does is it inserts a lever that you can pull the moment you feel that anxiety, and that lever goes something like, "Well, the pig really, really, really wants to binge, but I never do." And all of a sudden, you have a choice again. That's how you do that.



**Lucy:** Okay. Also, what I wanted to ask as well, if it's all right -- I can't remember if it was something that it feels that I read or something I heard from one of your podcasts, but you were saying that the same principles can help you be more active and exercise more.

**Dr. Glenn:** Yeah.

**Lucy:** I used to be really active and exercise a lot, but when the binging got a lot worse and I got a lot heavier and stopped wanting to be with the fit people in the gym, et cetera, I kind of stopped exercising as much as I used to. And I really want to get back into it again. So is it as simple as adding that to my rules?

**Dr. Glenn:** It is, but we have a whole program coming up to deal with your inner sloth. And that will be just after Labor Day. Howie Jacobson, who you've probably heard in some of the other tapes, one of my colleagues, he's put together a program and he's got a lot of other tools and techniques to get you moving. So basically, you can define a rule that says, "I will always exercise four days a week, or at least half an hour," or something like that, however you want to define it, and then work with it in the same way. But there's a lot more emphasis on adding things as opposed to restricting things. And exercise is a lot easier when you have social contact associated with it. So there are tools and applications and there's going to be a whole group of people that are doing it together. So it will be at [GetMovingProgram.com](http://GetMovingProgram.com). I don't have the sales letter up for it or anything. It's just a waiting list. But you can sign up for that and be sure that you get notified before everybody else.

**Lucy:** Okay.



**Dr. Glenn:** I have a couple of questions for you.

**Lucy:** Okay.

**Dr. Glenn:** Where do you think this business about, "Well, I'm up to day number 11, that's a really big deal. I don't know if I can make it much further." Where do you think that's coming from?

**Lucy:** I guess it's from the pig. Before, every single time I've tried anything before, whether it was this, the couple of times, I tried this before and everything else I've tried. I've always -- like, seeing other people succeed and haven't and just thought I'm just too weak. And I know I've heard you say before that that's not the case, that's just the pig telling you that. I guess part of me still thinks, am I as strong as other people?

**Dr. Glenn:** Which part of you thinks that?

**Lucy:** The stupid part.

**Dr. Glenn:** The pig thinks that.

**Lucy:** I know. Logically, I know that. I don't know. My persona, I think I'm quite self-deprecating anyway. So to say that I believe I can do anything is kind of weird language for me anyway. Yeah, to say that I definitely know I'm going to succeed at this, it's -- when I've said things like that before and haven't, that is a hard thing too.

**Dr. Glenn:** It's a way of purging the distraction and doubt from your mind. You're going to do whatever you do, but you're much more likely to succeed if you aim at the bull's-eye with a total commitment, as opposed to



allowing the pig to distract you with all these thoughts about what happened in the past and you're never going to get this and you're too weak and you're a self-deprecating person. And you have a very creative pig. It's got a very, very creative way of bothering you. It's okay to count the time in the beginning if you want to. What you have to watch out for is making the amount of time you've been abstinent part of your identity, or going into the town square to say, "I've been abstinent for 90 days, and everybody applaud me." The reason you don't want to do that is because you want your abstinence, you want your food plan compliance to just become a normal part of your life. You don't want to make it a whole big part of your identity. It's just a part of your life. It's what you do. It's just like obeying the law.

What happens in a lot of the 12-step programs is they encourage people to identify as an alcoholic, or identify as a compulsive overeater with a disease. And eventually, when you pile on the weight of all those days, they feel like we're going to collapse under the weight of all those days. Whereas, you don't worry that you're going to freak out and start killing people or raping people. You don't worry about all that, you're just a law-abiding citizen. That's what we're really aiming for. So there is resource that says counting streaks in the beginning is motivating. It's a good way to start, but not necessarily something that you do publicly or really turn into an overall part of your identity. It fuels the pig and lets the pig know, oh boy, how many more days until we're actually going to get to binge? That's what it does.

**Lucy:** Okay. Thinking about it, I gave up smoking and I couldn't tell you how long it's been now. It's no big deal anymore. So yeah.

**Dr. Glenn:** Why do you want to comply with the plan? If you were to do this for a whole year, what is it that would be different in your life?



**Lucy:** Everything. Everything. I would feel so much better physically. I would have better relationships. I would go out. My work would be better. There isn't anything that wouldn't be better really.

**Dr. Glenn:** So you'd be better physically, you'd go out more.

**Lucy:** I don't go out at all anymore. I kind of turned a bit reclusive.

**Dr. Glenn:** What would be better physically?

**Lucy:** Well, I'd lose weight. You know what it's like. You feel wrecked if you've binged. It's tired and zonked out and not with it at all. You don't want to do anything. You've got no energy.

**Dr. Glenn:** It steals your life from you, yeah.

**Lucy:** Yeah, yeah, it takes everything. It's become like my -- or it had become my main hobby or my only hobby, a waste of time.

**Dr. Glenn:** Are you facing any kind of joint pain or blood lipid issues or any type of diseases that would be better if you lost weight?

**Lucy:** No, I have not and I won't, hopefully -- not hopefully. I just won't. Full stop.

**Dr. Glenn:** Does it interfere with your sleep?

**Lucy:** I've never been a very good sleeper even when I was a little kid, so I don't sleep for very long. I would wake up a lot. But yeah, it makes me really tired, which may well do. Well, I don't sleep very well, so I kind of



sleep little and often, like a newborn baby. So yeah, it would be nice just to go to sleep at a normal time, wake up at a normal time, not feel exhausted.

**Dr. Glenn:** Lucy, you said you're going to go out more?

**Lucy:** Yeah.

**Dr. Glenn:** What would you do?

**Lucy:** I would stop making excuses when people invite me places and I come up with excuses for why I can't go. But the reason is, because I'm not happy with how I look and I don't want people to see me, so I don't go. That would change.

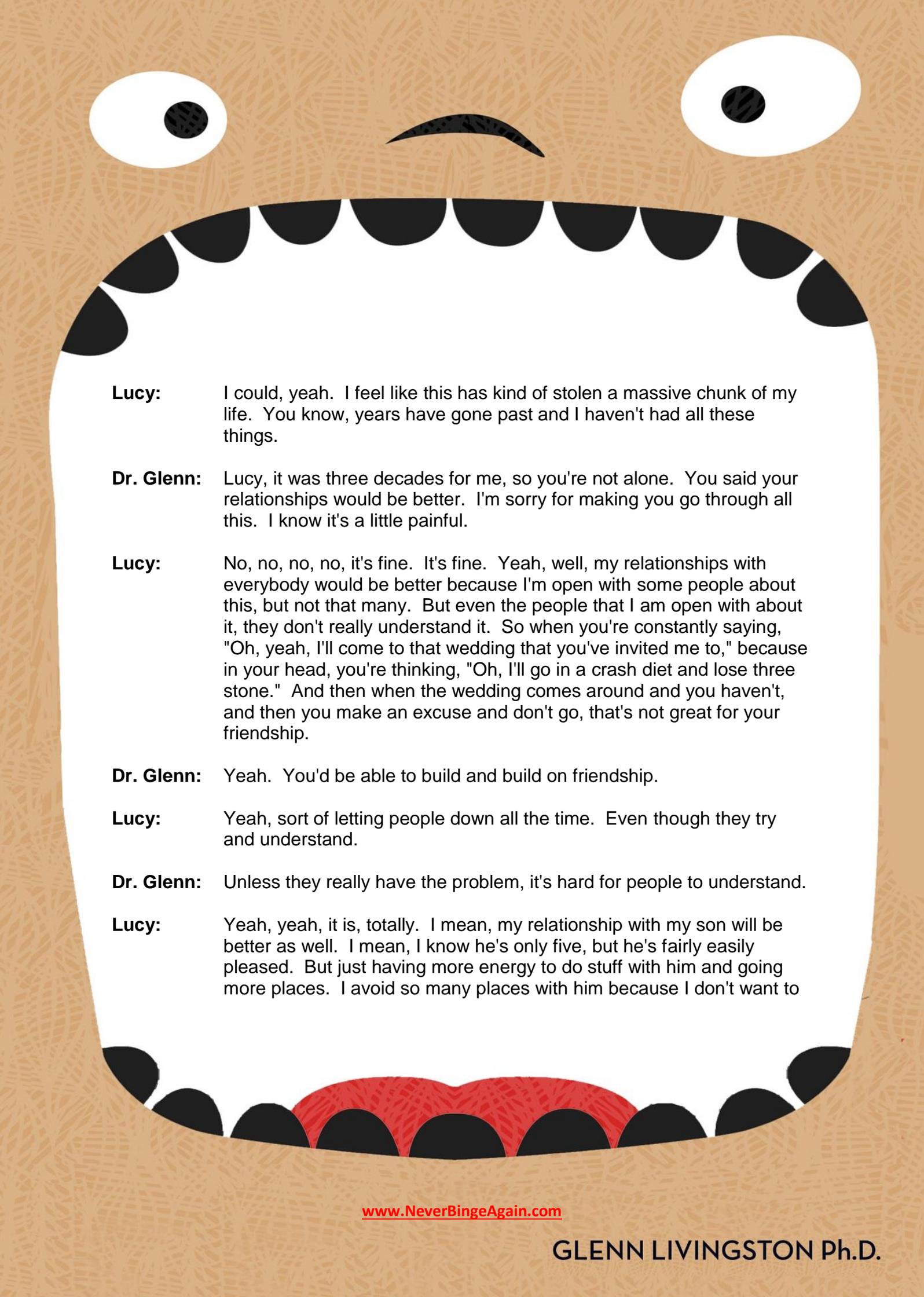
**Dr. Glenn:** Who would you go out with; where would you go?

**Lucy:** Well, a lot of friends have been away over the years because they got fed up with me saying, "No, I don't want to go anywhere," I think. But yeah, I would go out with some of my friends. I would go for drinks. I would just be -- tonight, for example, although I haven't got a babysitter, but one of my friends is boxing in a fight tonight and I would have loved to have gone and watched. I was just too worried about what people think of me and because of how I looked.

**Dr. Glenn:** Got you.

**Lucy:** So you know, I always make up excuses that I can't get a babysitter. In reality, I don't even try to get a babysitter.

**Dr. Glenn:** You can go out and enjoy life?



**Lucy:** I could, yeah. I feel like this has kind of stolen a massive chunk of my life. You know, years have gone past and I haven't had all these things.

**Dr. Glenn:** Lucy, it was three decades for me, so you're not alone. You said your relationships would be better. I'm sorry for making you go through all this. I know it's a little painful.

**Lucy:** No, no, no, no, it's fine. It's fine. Yeah, well, my relationships with everybody would be better because I'm open with some people about this, but not that many. But even the people that I am open with about it, they don't really understand it. So when you're constantly saying, "Oh, yeah, I'll come to that wedding that you've invited me to," because in your head, you're thinking, "Oh, I'll go in a crash diet and lose three stone." And then when the wedding comes around and you haven't, and then you make an excuse and don't go, that's not great for your friendship.

**Dr. Glenn:** Yeah. You'd be able to build and build on friendship.

**Lucy:** Yeah, sort of letting people down all the time. Even though they try and understand.

**Dr. Glenn:** Unless they really have the problem, it's hard for people to understand.

**Lucy:** Yeah, yeah, it is, totally. I mean, my relationship with my son will be better as well. I mean, I know he's only five, but he's fairly easily pleased. But just having more energy to do stuff with him and going more places. I avoid so many places with him because I don't want to



bump into people I know who are going to think, "Oh my God, she's so fat," and you know. It's going to all change everything.

**Dr. Glenn:** Where would you go with him? Where does he want to go that you've been avoiding?

**Lucy:** Well, I don't take him swimming for a start, unless I drive 40 miles to somewhere where I know I won't see anyone I'd now. I don't go anywhere where I think -- I mean, I don't even go to my local supermarket in case I bumped into anyone. I would get it delivered or I drive miles.

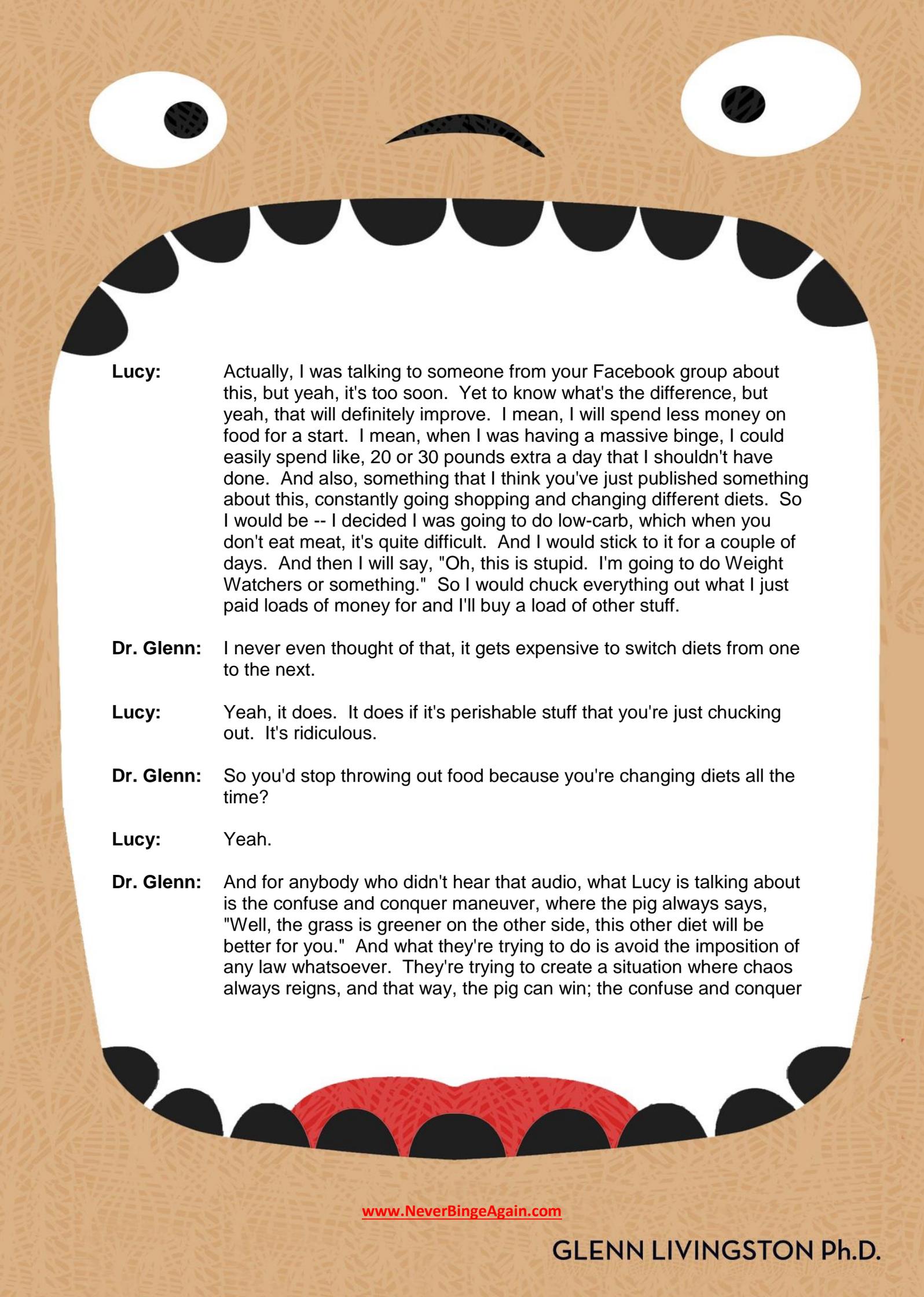
**Dr. Glenn:** Got it. Okay. Would you be a better role model?

**Lucy:** Definitely. I mean, he's five now. He doesn't really understand fat or thin or all that kind of thing, yeah. But it's not long until he will. He said to me before, you know, "Why don't you eat same as me?" Because I like, wouldn't eat anything until he went to bed, and then would eat everything.

**Dr. Glenn:** I see. So he's observing and starting to wonder what's going on?

**Lucy:** Yeah. So you know, this last few weeks, I've been eating proper meals with him; not necessarily the same thing as him, but sitting down together with him and that has been really nice, even if he's mesmerized.

**Dr. Glenn:** Lucy, what about your finances? Is there any way that your finance would improve?



**Lucy:** Actually, I was talking to someone from your Facebook group about this, but yeah, it's too soon. Yet to know what's the difference, but yeah, that will definitely improve. I mean, I will spend less money on food for a start. I mean, when I was having a massive binge, I could easily spend like, 20 or 30 pounds extra a day that I shouldn't have done. And also, something that I think you've just published something about this, constantly going shopping and changing different diets. So I would be -- I decided I was going to do low-carb, which when you don't eat meat, it's quite difficult. And I would stick to it for a couple of days. And then I will say, "Oh, this is stupid. I'm going to do Weight Watchers or something." So I would chuck everything out what I just paid loads of money for and I'll buy a load of other stuff.

**Dr. Glenn:** I never even thought of that, it gets expensive to switch diets from one to the next.

**Lucy:** Yeah, it does. It does if it's perishable stuff that you're just chucking out. It's ridiculous.

**Dr. Glenn:** So you'd stop throwing out food because you're changing diets all the time?

**Lucy:** Yeah.

**Dr. Glenn:** And for anybody who didn't hear that audio, what Lucy is talking about is the confuse and conquer maneuver, where the pig always says, "Well, the grass is greener on the other side, this other diet will be better for you." And what they're trying to do is avoid the imposition of any law whatsoever. They're trying to create a situation where chaos always reigns, and that way, the pig can win; the confuse and conquer



maneuver. Can you beat that by taking one diet and sticking to one food plan even if it's not perfect?

**Lucy:** And I find that one really difficult because I'm quite interested in health and food and stuff just from a sort of scientific point of view anyway, and none of the signs has seemed to agree on what's the best diet. So that kind of ambiguity, I think, just gave my pig a field day.

**Dr. Glenn:** Makes sense.

**Lucy:** But yeah, the other financial element as well is I work for myself. I'm going to have like, three or four extra hours a day where I can work because I'm not eating or in a post-binge stupor.

**Dr. Glenn:** That's like 20 hours a week.

**Lucy:** Yeah. Because I'm a freelance journalist. Because what I was doing is eating and then feeling awful and falling asleep really early, whereas you know, I can think about story ideas I could sell. There's no downsides.

**Dr. Glenn:** It's like having two extra weeks a month.

**Lucy:** I mean, I was really nervous at least just last few weeks, I suddenly got evenings to do stuff. I can't leave the house because I've got a five-year-old who's asleep. But I'm starting a master's in September, so I've started on trying to get ahead with the reading list and things like that.

**Dr. Glenn:** A lot of things. So anything else in your life that would be better if you followed this for a year?



**Lucy:** Well, I'd quite like not to be a single mom forever. It would be nice to meet somebody. I'm not suggesting that would necessarily happen within a year, but maybe one day. I'm not going to meet someone sitting on my sofa, unless someone boggles me. So just hang out a bit more and just making new friends and stuff will hopefully make that kind of thing more of a possibility.

**Dr. Glenn:** Very good. Let's give your pig a chance.

**Lucy:** Okay.

**Dr. Glenn:** So now that we can really see the future, what are all the reasons that the pig says that you can't do this, won't do this, shouldn't do this? Well, you can't stick to your plan for a year, won't stick to it, shouldn't do it.

**Lucy:** Well, at the moment, yeah like again -- but I guess, yeah, the pig will say, "Because you failed in the past," or "You're not strong to do it long-term," or "It will take too long." I've lost huge amount of weight and put it back on before. This time, I have to say, even though, obviously, I do want to lose weight, this is the first time in my life when I'm actually just trying to stop bingeing and I'm not concentrating on the weight. So that's a bit of a shift. But why else would I fail? If I give in to pressure from other people maybe, I don't --

**Dr. Glenn:** So give in to pressure from other people?

**Lucy:** Yeah. Like if I do start going out more, is it going to mean I start drinking and then eating and --

**Dr. Glenn:** While you socialize?



**Lucy:** Yeah.

**Dr. Glenn:** Okay. What else?

**Lucy:** I don't know. It just all seems to come back to that whole not knowing if I'm strong enough.

**Dr. Glenn:** Let's talk about these things then.

**Lucy:** Okay.

**Dr. Glenn:** So when the pig squeals that you failed in the past, if you jump back up into your higher self, what's a good answer for that? How would you dispute that?

**Lucy:** I would say, "That doesn't mean you're going to fail this time."

**Dr. Glenn:** Right. So past performances, no indication of future behavior?

**Lucy:** No. And the more you try at something, the better you get at it.

**Dr. Glenn:** That's absolutely true. And the research supports that, by the way. People who continually try to lose weight are the ones that are likely to find a way to keep it off for good.

**Lucy:** Mm-hmm.

**Dr. Glenn:** Can I give you one?

**Lucy:** Yeah.



**Dr. Glenn:** Well, if you're driving a motorboat in Lake Michigan and you look behind you and you've gone for a mile in one direction, and the wake is straight as far as you can see back, does that have any influence on whether you have the ability to turn the wheel if you want to?

**Lucy:** No.

**Dr. Glenn:** Wayne Dyer gets credit for that one, but that's true. You can turn the wheel anytime you want it. It doesn't matter how long it's been.

**Lucy:** Yeah.

**Dr. Glenn:** What about when the pig says, "You're not strong enough to do it long-term"?

**Lucy:** I don't know. I don't know what I would say to that one. How I've been responding to that at the moment is that I'm just thinking about today, but I don't know if that's a good long-term strategy.

**Dr. Glenn:** Well, the pig is telling you that it's got a time machine and it knows what's going to happen in the future. And the reason that it's telling you that it has a time machine is so that it can weaken you in the moment. The only time that you can binge is now. And when the future comes, it's going to be now again, right?

**Lucy:** Yeah.

**Dr. Glenn:** As I am talking, every word that's coming out of my mouth is coming out of my mouth now. It's still now. It's still now. It's still now, right? And so what you really need to do is find a way to push the pig's



prognosticating out of your mind so that doesn't weaken you in the moment. And the way you do that is you say, "Shut up pig, you don't have a time machine. And I never binge now, and if I never binge now, then I'll never binge again because it's always going to be now."

**Lucy:** Okay.

**Dr. Glenn:** It's a little odd, but because the pig's motivation in saying that is entirely negative, it's just to get you to feel weak at the moment and you just bring it back for the moment and say, "I never binge now."

**Lucy:** Yeah, that makes so much sense. The pig is not saying, "Oh, you're going to binge in two months," is it? It's saying, "Binge now. Binge now."

**Dr. Glenn:** That's exactly what the pig is saying, and you say, "No, I never binge now." That's the whole battle, Lucy.

**Lucy:** It's just so simple when you put it like that. It sounds really simple. And I haven't done them at all.

**Dr. Glenn:** It took me a long time to figure that out.

**Lucy:** I was trying to worry about what the pig would be doing in Christmas, you know what I mean?

**Dr. Glenn:** Jack Trimpey from Rational Recovery gets credit for pointing that out first. Okay. So when the pig says, "It will take too long, why bother?"

**Lucy:** Mm-hmm.



**Dr. Glenn:** What's a good answer for that?

**Lucy:** Because of all the things I just told you about all the million things that would be better.

**Dr. Glenn:** If you don't better, and you're going to be thinking to feel wrecked and zonked out with no energy and you're going to keep the weight on and you'll keep making excuses when people invite you out and you're not going to get to go see your friends boxing and go to weddings and your relationships are going to get worse and worse and all of these things.

**Lucy:** Yeah. If I binge, it's just going to be more of the same. And I've been miserable for years, so why would I want more of that?

**Dr. Glenn:** Right. Our last one was, "You'll give in to pressure from other people if you start going out more."

**Lucy:** Yeah.

**Dr. Glenn:** "Because you'll be drinking and eating with them while you socialize."

**Lucy:** Mm-hmm.

**Dr. Glenn:** What do you say to that?

**Lucy:** I'm not that easily led by other people, really. I think that's probably the pig telling me that.

**Dr. Glenn:** Yeah. You're capable of sticking to your own rules, right?

**Lucy:** I'm quite stubborn, so, yeah.



**Dr. Glenn:** You might need a conditional rule for when you go out. Well, you already have one actually.

**Lucy:** Yeah.

**Dr. Glenn:** You have a little bit of loosening. If that's your rule, then that's your rule.

**Lucy:** Yeah.

**Dr. Glenn:** How confident are you that you'll never going to binge again?

**Lucy:** Very. I was going to say at the moment, "very," but I stopped myself.

**Dr. Glenn:** How confident is very confident?

**Lucy:** I'll never do it again.

**Dr. Glenn:** Are you sure?

**Lucy:** I'm sure.

**Dr. Glenn:** How sure?

**Lucy:** A hundred percent.

**Dr. Glenn:** Is that just because you've heard me do these other sessions?

**Lucy:** No.



**Dr. Glenn:** You're a hundred percent confident that you'll never binge again?

**Lucy:** Yeah.

**Dr. Glenn:** How can you be a hundred percent confident?

**Lucy:** Because I'm the one that decides whether I binge again.

**Dr. Glenn:** That's absolutely right. Even if your pig has other ideas, right?

**Lucy:** You just make something that I thought was so complex. It's so simple, it's amazing. So, thank you.

**Dr. Glenn:** You're very welcome. It's just a matter of clarifying the lines and then building your confidence about the individual squeals.

**Lucy:** You might be interested to know, I had you talk about this -- I think it was an interview, but I have done therapy last year because I thought it would fix me, and it actually made things worse. And I know that's something you spoke about, not that therapy makes you worse, but even though it might be a good idea to talk about emotions and stuff that's gone on in your life, it's not necessarily going to be the answer to this.

**Dr. Glenn:** You don't necessarily need to be detective and figure out who struck the match and how it was struck and what type of fuel it was. What you need to do is be a fireman or a firewoman because there's a raging fire and you need a practical method to put out the fire. They're totally separate tasks. And knowing what type of fire it is and how it was actually struck and what was it in your childhood that caused you to



have this addiction could be helpful in other areas of your life, but I find that it doesn't necessarily help with the addiction itself.

**Lucy:** Yeah, no. I a hundred percent concur with that.

**Dr. Glenn:** Okay. Well, Lucy, will you come back in about a month or six weeks and let us know how you're doing?

**Lucy:** Of course I will, yeah.

**Dr. Glenn:** Very good.

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GLENN LIVINGSTON Ph.D.