



Warren Start – First Meeting

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recorded MP3 interview available here:

<http://www.neverbingeagain.com/TheBlog/uncategorized/a-thin-person-in-a-fat-prison/>

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Dr. Glenn: Hey this is Glenn Livingston with *Never Binge Again* and I'm here with a very kind gentleman named Warren. How are you Warren today?

Warren: Great! Yourself Glenn?

Dr. Glenn: I'm very good. Looking forward to working with you. Warren was telling me that he is at a point where he needs to take his weight seriously and he is doing rather well but he wants to cement it in. He is telling me that in the past he has backslid with his plans and he wants to figure out what causes him to back slide and how can you cement that in a little more. So that's what Warren and I are going to work on a little bit today. Did I describe that correctly Warren?

Warren: Yeah, I think I got the food side down but every time that I have failed in the past something's happened and that's a depression but it's just a tough day or tough week at work and then it's like "Okay, why don't I just go and have some type of comfort food" and the next thing you know all the weight comes back on.

Dr. Glenn: Would you mind just telling my listening audience a little bit about your background; where you are right now and then we'll get right into how your Pig may be throwing your curve ball.

Warren: I'm in my early 50s and it's been twice in the past that I've lost substantial amount of weight and each time I've gained much more back. About 5 years ago I had lost a lot of weight and then I gained so much back that I embarrassingly went over 500 pounds. I have setting at about 475 a lot and then about 2 years ago I got



down under 400 pretty easily but I had bad week at work and on the way I felt "You know what I'm hungry and I'm just going to stop at a fast food place. I can't afford to do it again my body is not as young as it used to be."

Dr. Glenn: So Warren can we go back at that moment and having read the book, is there any way you would reframe what went on at that moment?

Warren: After reading the book I'm sure that the Pig inside would say, "Hey, we deserve it, lets go and have a little binge". I chuckled reading the book because there's like "Oh, I talked to myself like that. All this one time isn't going to hurt". Well it did. I just want to make sure that it doesn't happen again.

Dr. Glenn: Warren, is it possible that the Pig was even excited that you had a bad week at work?

Warren: O yeah! Because it was like a reason to splurge, reason to just go back to that trough. I'm laughing about it but at the time I wasn't laughing but I wasn't thinking of it in that sense and I wonder even without us talking, just reading the book, made me realize there's two sides of it- the food side and the internal dialogue side where it's easy to convince yourself a one-time isn't going to hurt.

Dr. Glenn: The Pig specifically told you that one time is not going to hurt. That you deserve it because you had a bad time at work. What else did the Pig say?

Warren: May be it didn't quite say it but maybe it was just the thoughts in my head that "This is going to be good for me", when it actually wasn't. I'm sure there's a lot of that; at that point I was like "Ah okay, I'm just going to give in". In the book it talks about why we give in. I think I wasn't even aware of that at the time. If I would've I could've known "O yeah, this is what's happening, maybe I can interrupt that".

Dr. Glenn: So let's go back and be more specific about this because one of the things I want you and everyone else to know is that the Pig thrives on ambiguity. The Pig doesn't want you to analyze what happened because when you analyze the details, its arguments don't make sense. Its arguments only make sense when they are presented vaguely, looked at on the surface and acted on impulsively. One of the things that we can do to really cement things in place is to look very specifically at



How the Pig convinced you that this is going to be good for you. What was it saying? Why would this be good for you?

Warren: I had that tough week. I was emotionally exhausted and it was just like, "Let's just go through the drive thru and get some comfort food, a reward for putting up with the bad week." Of course not even thinking about the consequences.

Dr. Glenn: Do you specifically remember what the Pig talked to you into getting at the drive thru?

Warren: It was a binge. It was probably two big meals and a big soft drink; fries and just going back like the old days and like a re-union with the binge.

Dr. Glenn: Like a party!

Warren: Yeah! O definitely, it was a party. Trying to think back on the other times or similar I have tried to explain that to people it was an unconscious thing. Didn't even think, "I just went, oh I'm going to pull in here; go through the drive thru; order the food", all unconsciously. And just get into that rut. I don't know how to explain it but it was almost an unconscious act.

Dr. Glenn: That's what it's like when you let the Pig take over because it wants to obliterate your consciousness. It doesn't want you to think about what you're doing. If you look back, you just told me you had two meals and fries and you can probably visualize some of what happened but it's almost like you became a passenger and you let the Pig sit in the driver's seat, right?

Warren: O yeah! This thing has happened to me multiple times in the past where I wasn't even hungry and I find myself going through and I look back now and think "How could I be so unconscious at the time" but, its exactly what it was.

Dr. Glenn: The Pig likes it that way. The Pig will leave in and say, "You can blame me later on. This is I; I'm out of control. Yippee, let's go do this."

Warren: Yes! Definitely.



Dr. Glenn: Warren, by the way, I appreciate you being so open and vulnerable about this because it can be uncomfortable when you begin to separate from the Pig because you're not used to thinking of this part of yourself as a separate part of yourself. So, in some ways it might feel like I'm attacking you and talking disparagingly about the Pig but I'm really not. I'm very fond of you.

Warren: When reading the book, I started seeing that in that context and how you explain it. It was easy because its like "Well there's a fat me, the Pig, that wants to abandon all discipline and good choices for instant gratification and then there's the person I really want to be, the thin me." Your book couldn't have come at a better time for me anyways because I had really gotten things turn around and I was eating so much better but there's that little voice in the back of my head that said, because I really started analyzing what did I do in the past when I lost weight; where did I fail and it always came to that; I'm sure everything's not going to be rosy going forward and I have to prepare so wouldn't those bad week comes or whatever I'm going to have the tools not to listen to the Pig. I guess even without talking with you I've got it printed out on my wall some bullet points here about *Screw the Pig* just for me to remember.

Dr. Glenn: What are the bullet points that you wrote down?

Warren: The thing is what never to eat, what always to eat unconditional and conditional. I have my food plan on there. It's just small bullet points-Do this, don't do that, always do this, watch when you're adding something else. It's really easy for me and it's also on the mental side just knowing what could happen mentally to push me over back into a past habit.

Dr. Glenn: The food plan that you wrote down that was totally up to you right?

Warren: O yeah! As a matter of fact I was already doing this. To me its been effortless from my side but I was really worried about when that day or week comes when I'm completely stressed out, how am I going to deal with my unconscious going for the drive thru because I can't do it. I really believe at this point I doubt if I could do



a rebound again. Just because I'm getting older, early 50s isn't that old but I'm feeling it and I don't want to go back.

Dr. Glenn: What might your Pig say at that time to get you to change your mind?

Warren: "Let's go back in the old habit and feed at the trough or lets go back and visit dig times and let me do the driving and you can just be unconscious".

Dr. Glenn: Warren were they good times for you or the Pig?

Warren: Good times for the Pig, definitely. You can't be the weight I am and think everything is rosy because it's not but for the Pig it definitely was good times.

Dr. Glenn: What was it like for you?

Warren: Being depressed. Not being able to physically do stuff because of the weight. That's not fun at all. I have a few pictures of me, the ones that do say; well that's not a happy person. So, I don't want to be that way and definitely take control over the Pig.

Dr. Glenn: The Pig took away your happiness for a few good times, right?

Warren: O yeah! For quite a while. I could be whole another talk about how come I allowed that to happen. Just over time it was easier that way and the Pig did dominate.

Dr. Glenn: You allowed it to happen because you couldn't hear the Pig. That's why you allowed it to happen. We could have all types of other speculation about your psychology, upbringing and moral character, etc. but the bottom line is if you were aware of what the Pig was saying at that time and you knew that it wasn't you, you could have just ignored it.



Warren: Yes! It was interesting reading the book, like "Wow, this is an interesting way to look at it in the respect of separating it from myself. This Pig is not good for me."

Dr. Glenn: So Warren, are you ever going to slide back again between now and the day that you die?

Warren: No! No, because I already made the concrete decision before I read the book but when I read it I wrote it down. I wrote those four steps down and put it in writing. When I say put it in concrete I really felt that I took that extra step and wrote down exactly what I had to do and its a 100% commitment.

Dr. Glenn: What does your Pig think about your plan to *Never Binge Again*?

Warren: You know the interesting thing, I think that I was already at a point where I'd just throttle that thing and said unknowingly "this is not going to happen again. I can't let it happen again". So I was very stubborn in that respect. As I was reading through your book I was trying to listen to the voice and it really wasn't much there. The only thing is the voice that was there was "All right, just give me time. May be a six months or a year down the road-you're going to have a bad week and I'm going to be here waiting for you." And I wanted to make sure that did not happen.

Dr. Glenn: Are you still anxious about that? Are you still nervous about that?

Warren: No, because you got me faking about some other things and basically its like "Hey, this is what's going to happen or this is what has happened". The unconscious decision to go to the drive thru and now I can start saying "Well, if you do this, this is what's going to happen. Don't listen to that voice, it's not okay."

Dr. Glenn: The Pig can't control you now if you are aware of what it might say and it's impossible to be unaware if you've got a very clear plan with no ambiguity. Like you told me about your '*Nevers*', '*Always*', '*Unconditionals*' and '*Conditionals*'. If you've got a crystal clear plan, then whenever the Pig says something that's off the



plan, it's really clear that that's the Pig talking. So the Pig can't control you now. What it tries to do now is it tries to undermine your confidence by telling you it's going to get you then. The trick with that is in 6 months it's still going to be now, right?

Warren: Yes!

Dr. Glenn: So it doesn't matter what the Pig says about then because then is a fictitious time in the future. All that matters is, now and that's all you have to worry about because you'd never binge. Does that make sense?

Warren: O yes! It does make it more clear for me about staying in the now and not worry about the future as far as the Pig goes. Because I feel really good where I'm at right now. Knowing I messed up in the past and why I did it.

Dr. Glenn: Let's talk a little bit more about what happened because you were down to 400 pounds and you had that one day at the drive thru and the Pig said that "You deserve this. It was such a hard time at work and let's go do this. This is going to be good for us. It's going to make us feel better." What happened after that? How did the Pig manage to get you to keep bingeing so that you gained the weight back?

Warren: Well I think it said "Oh it's a good day, what's going to hurt to go one more day? Or let's go one more drive thru, or something like that." And then it just goes back to unconscious- going in the store, in the isles you shouldn't be and grabbing stuff that's not healthy. It's kind of depressing thinking of it that all that was really unconscious. I mean yes I put the stuff in the grocery cart or drove through the fast food but it was still almost unconscious, "Oh I just did that" and did not even think about it and let the Pig reign. The more I think about it the angrier I am at the Pig.

Dr. Glenn: You should be, it's ruined your life. It's almost like the Pig gave you some anesthesia. It didn't want you to think about it. You were there, you could write a diary of it if you wanted to. It wasn't unconscious in the sense that someone has amnesia where they really can't remember the event. If we were to talk to you the



day after the binge you could very specifically recall what you bought, who the cashier was, how much you paid her for the stuff that you got, when you took the first bite, how many bags you ate, how many boxes you ate, etc. I have done all this myself so you and I can keep each other company; hold each other's hand a little bit with regards to the embarrassment that we feel about it. I have gone to several different super markets so that the cashier behind the counter wouldn't know how much I was having. Believe me, I'm talking from experience. The notion that it's totally unconscious is a little dangerous. It's almost like the Pig is saying I can knock you out again. The Pig is claiming power there. It's saying I can do things without your awareness.

Warren: Would it be better to say no regulator. I had no regulation or self-control in that respect. The Pig had the control.

Dr. Glenn: That you chose to give the Pig control. That's what will be better to say. You didn't listen carefully to what it was saying and you chose to let it take control. See there's a price you pay for that. The price for taking that position is a little bit of an embarrassment or shame or whatever you want to call it. But the benefit of that is now we're in control again. Anatomically the Pig is really in our mid brain. It's really our survival impulses and our lower lizard brain impulses to have the most calories and the densest form for the least amount of money. Those are evolutionary buttons. The way that our brains have evolved, we're superior to that. Mammals and human beings, we have the ability to delay impulse, resist temptation, think through, plan and direct those impulses towards more constructive things. We have that ability unless we choose to let it go. The Pig is really nothing more than kind of a blob of protoplasm in the middle of your brain and it doesn't really have the power to make you unconscious. If you're very specific about your plan and you know exactly what it's going to say or you know whatever creative way it comes up with that suggests any way what so ever that you're going to break your plan then you're going to recognize it's a Pig squeal and you can choose to never let it take control again. And its effortless, it doesn't have the ability to make you unconscious. It did but only because you couldn't hear it. Does that make sense?



Warren: O yeah! I found myself thinking how to apply that to other areas besides eating and taking back control.

Dr. Glenn: How so?

Warren: Well, there's a bunch of areas in my life that I want to improve. That kind of feeds of the feeling better part- Finances, getting out of the house more, being active and I guess a lot of it revolves around my weight. I don't want to go out, do anything, and just stay in here and binge or something like that or just having control. Its interesting how it all trickles down to other things is how I think about it.

Dr. Glenn: Why would the Pig prefer that you stayed in the house?

Warren: Well easier to binge. Don't have to worry about anybody watching or criticizing.

Dr. Glenn: What would you prefer to do if you wanted to go outside? What would be your dreams and goals be outside?

Warren: Just to be outdoors. Take walks, do things, travel. Kind of hard my size to fit in the airplane seats and there's a lot of other stuff I would like to do and I've used that going forward, "Hey, you want to do these things. This is how you're going to be able to do them".

Dr. Glenn: Where do you want to go?

Warren: Oh! I'd love to go to New Zealand, Australia and probably England. Just travel everywhere I guess. I getting to that age.

Dr. Glenn: And the Pig would prefer you didn't.

Warren: Yeah! I can't let the Pig ruin it anymore.



Dr. Glenn: Are you aware of the Pig creating any different or unusual arguments since you've recognized the primary ones that it uses to get you to binge?

Warren: No! No, I haven't. Like I said other than the part where "Hey, there's going to be a time that I'm going to be weak and then it can wear its head" and I feel that I'm prepared for that down the road.

Dr. Glenn: What are those things you think you need to do in order to cement your plan in?

Warren: I don't know. Like I said your book came at a good time because that was the one thing in the back of my head that I was concerned about but now I'm not in the respect of "Okay, now I know what to listen for".

Dr. Glenn: All you need to do to not binge is not binge. That's all you need to do. You might want to start the mornings and ask yourself if the Pig isn't squealing in any particular way. Even channelize the Pig and ask it if it can give you a good reason to go out and binge today. If you want to sharpen your awareness a little bit but it's not essential. It's entirely possible once people have this impulse to just never binge again. They never took the time to make it really clear. They thought that there was something horribly wrong with them or maybe they had a disease or there was something that happened to them in their childhood that made it impossible for them to stick with the commitment about food. If you've got a nutritionally apt food plan, which means if there's enough food to eat and you're kind of covering the basics- there are thousands of ways to do that, you can talk to any nutritionist or read a lot of books that are available today, you know that your body is taken care off by that, then anything the Pig says otherwise is just squeal and you just ignore it and that's it.

Warren: Yeah definitely. The other thing is that I don't have any Pig food that would even tempt me. It's been easier that way. It's like "I'm not going to do it so I don't want to have it". That way when I'm around it at work its easier to say no because its not on my food plan. So...



Dr. Glenn: Because if you're never going to have any Pig's slop again, there's no point of having it in the house, right?

Warren: Correct! And then at work it just seemed interesting that there's been some times where there's a group of people saying 'no' was no problem. Can't remember the exact term I had but when people started asking me, "Hey, how come you're having this or not having that", You could just say its not on my plan, I'm allergic to it or just leave it at that.

Dr. Glenn: Yeah! If people really bother me about that I'd say it's for medical reasons and if they ask me "what medical reasons?" Then I say "I'm not dying or anything but I kind of hate talking about it."

Warren: Yeah, that's exactly right. And I like that. Haven't had a chance to use that yet but it made me chuckle. Because when I talked to people they were like, "No, don't do this" And it's like "Hey, That's what I'm doing."

Dr. Glenn: Mostly people have trouble with other people's opinions about food in social situations because they are seeking approval from other people about what they eat or don't eat. But you don't have to do that. If you're an adult person and you've read and listened enough and figured out what you really believe is a healthy food plan then the heck with everybody else.

Warren: Yes!

Dr. Glenn: So Warren, are you ever going to binge again?

Warren: Oh no!

Dr. Glenn: So is there anything else you need to do to cement your plan in place?

Warren: No! I'm glad we talked today. It's also nice to know that I'm not the only one that had to struggle with this. It does seem that way.



Dr. Glenn: O it's rampant in our culture. First of all food addiction is different from other addictions. Some people listening to this might not identify with being an addict and I think you and I might identify with being an addict but when you're abusing food the culture doesn't really found upon it. As a matter of fact, the whole food industry is oriented around getting people to abuse food. Basically they're loading everything up with fat, sugar, salt and oil to stimulate your evolutionary buttons and make money from that. There are some good reasons why that started. We needed to put a lot of calories in small space in order to feed armies and get civilizations started and go and keep supply lines stocked along across a very large distance but it's entirely unnecessary at this time. But everything around you that you see on TV; all of the packaging, the foods that are being created, they are all designed to support your Pig. When someone makes a decision to eat healthy, they're going against society in many ways. There is an increasingly large proportion of society that understands what healthy food really is and supports other people to eat healthy. You're not alone if you a feel like a pariah when you're not eating the way that everybody else does. But that doesn't mean that you're wrong. It just means that you're making a more adult decision to choose for yourself, to think through what you want, what's you and what's the Pig and let everybody else define it for themselves and not let society define it the way they want to.

Warren: Yeah!

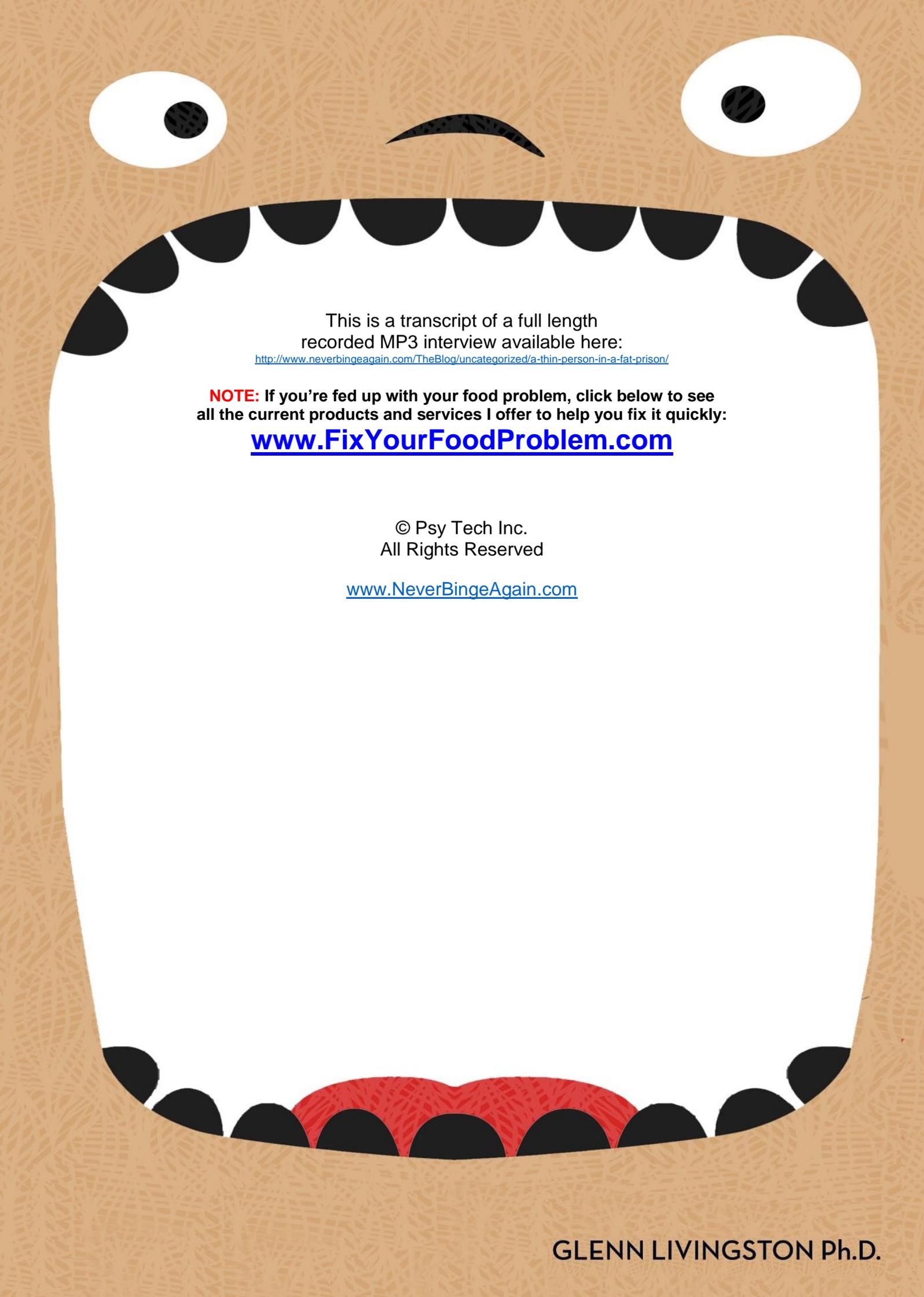
Dr. Glenn: Okay my friend are there any questions you have or any other thoughts you wanted to share about your struggles, about the book, about anything else?

Warren: No! I feel really good about the feature and how to keep the Pig at bay. Also just be aware of what he could say in the future and just keep my ears open for it.

Dr. Glenn: Excellent! May be we could follow up with you in a couple of months.

Warren: All right! Thank you Glenn.

Dr. Glenn: Thanks Warren. Have a good afternoon.



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