

## Glenn Livingston, Ph.D. And Amy: Dealing with Insomnia Based Binges

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**Dr. Glenn:** I'm here with a nice lady named Amy, who has agreed to let us record her session so that you can all benefit from her wisdom and experience and strength and her trials and tribulations, and stumbles. How are you, Amy?

**Amy:** I am well. Thank you, Glenn. How are you?

**Dr. Glenn:** I'm good. How's your pig doing?

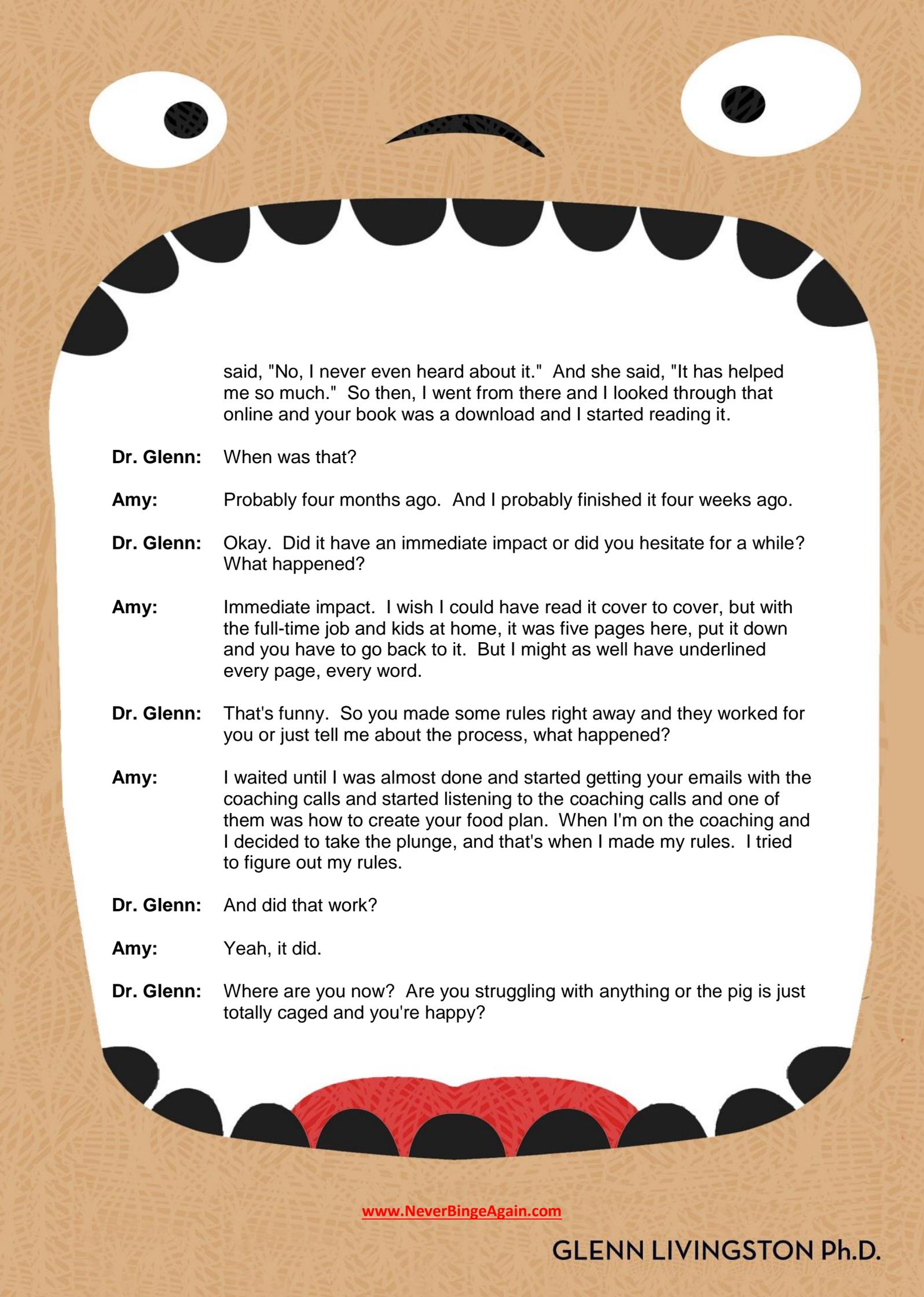
**Amy:** That pig is caged. He hasn't budged either.

**Dr. Glenn:** Oh, good. I'm glad to hear that. When did you first learn about caging the pig?

**Amy:** I was already in another program. You have a network of support ladies and she had said, "Have you read the Never Binge Again?" I

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GLENN LIVINGSTON Ph.D.



said, "No, I never even heard about it." And she said, "It has helped me so much." So then, I went from there and I looked through that online and your book was a download and I started reading it.

**Dr. Glenn:** When was that?

**Amy:** Probably four months ago. And I probably finished it four weeks ago.

**Dr. Glenn:** Okay. Did it have an immediate impact or did you hesitate for a while? What happened?

**Amy:** Immediate impact. I wish I could have read it cover to cover, but with the full-time job and kids at home, it was five pages here, put it down and you have to go back to it. But I might as well have underlined every page, every word.

**Dr. Glenn:** That's funny. So you made some rules right away and they worked for you or just tell me about the process, what happened?

**Amy:** I waited until I was almost done and started getting your emails with the coaching calls and started listening to the coaching calls and one of them was how to create your food plan. When I'm on the coaching and I decided to take the plunge, and that's when I made my rules. I tried to figure out my rules.

**Dr. Glenn:** And did that work?

**Amy:** Yeah, it did.

**Dr. Glenn:** Where are you now? Are you struggling with anything or the pig is just totally caged and you're happy?



**Amy:** No, I stumbled July 31<sup>st</sup>, so that was Tuesday. And I see what happened. I drink a protein shake at night. It is on my food plan, a night snack and that is the protein shake, but I freeze it to make it like an ice cream. I always have. With doing that and three days earlier coming off of medication that I didn't realize I was going to withdraw from the way I did on the lowest dose, I was light headed during the day and insomnia at night. So at the point where the pig came out, it was on day 11 of Never Binge Again and binge-free and pig-free and no squeals, I got up out of bed 'cause I couldn't sleep and I said, "What can I do?" And immediately, my coping mechanism is immediately eat something, it'll put you to sleep. You'll have a full belly, it'll put you to sleep. And I broke my rules and grabbed flour and sugar and my pig took off for a couple hours.

**Dr. Glenn:** Got it. So you've got physically, medically destabilized? You hadn't planned for it. And in the middle of the night, it seemed like a good idea when the pig said, "We should get some flour and sugar 'cause this is the most convenient way to get you back to sleep."

**Amy:** Oh, sure. Yes, you love having a full belly. And you've been stressed at work and the kids are going chaos at home and all of it together. And I heard the squeal, Glenn. It was that what you say that conscious --

**Dr. Glenn:** Conscious pig party.

**Amy:** Yes. But I can handle just a little. It's okay. Just a little and it's never low.

**Dr. Glenn:** And then did you binge the rest of the day when you woke up? Or how did you get the pig back?



**Amy:** No, I woke up and I said, "This is what Glenn tells you." And at the same time, I'm saying, "This is what I'm being taught," I was packing things to go to work just in case I wanted to continue. But as soon as I got to work, I continued into the flour and sugar for another hour. And when it wasn't, Glenn, you probably know when it goes in, it goes in like hundreds and thousands of calories. I reached out to a couple persons in the Never Binge Again program and we communicate by messenger and I laid it out there. I said, "My pig is out, tell me what to do?" I knew what to do, but I needed someone else to tell me in a text. I have to see it. I'm a visualizer. I just needed to be told what to do and I don't know if it's because I was always told as child what to do. I don't. In my first marriage, I was told what to do, but it worked. They're like, cage it, we're going to gang up on this thing together and it just seemed, okay, I can do this, just throw it out. And the first couple hours was rough just being full and sick and knowing I was going to have to go through the detox of sugar and flour, but this time, I braced for it and I was ready.

**Dr. Glenn:** How much of the binge did you enjoy?

**Amy:** Just the first bite.

**Dr. Glenn:** That's all?

**Amy:** That was it. The first bite when I was like, oh, that tastes so good, I'm crashed. And then you're just chasing. You're just eating.

**Dr. Glenn:** Then you're trying to avert the crash by continuing to put more sugar and flour in?



**Amy:** Yup, that's my pattern. And I would do that after 24 hours 'cause I don't want to face it. I don't want to feel when I know then.

**Dr. Glenn:** You know the actual high only lasts about 18 minutes, right, from the flour and sugar?

**Amy:** Well, according to what you've said, I know that.

**Dr. Glenn:** People can make it last longer by continuing to chase up, you keep putting more sugar and then you'd make a greater burden on your body and the crash is worse, but you can push it off if you keep chasing it. Okay, you got the pig back in. Once the pig was back in, was it easy to keep it back in?

**Amy:** It was with their help, and looking on my notes I've made from reading the book and hearing your interviews with the clients and taking notes and I have this 200-card index bound thing and I had things on some of the cards and I keep adding to them. And I just had to keep flipping and getting it in my head. But I realized that I always looked at it as a failure; I'm no good, I'm not strong enough, whatever. I also then took a further reflection and said, "Geez, when I do it in the morning, it's just because I feel like I need to be punished." I carried on because I don't deserve not to be free from the pig. And it was kind of amazing, Glenn, when I looked at it and I think you've said it online too. He says, "Can you look at it as a punishment and just put the pig back?" And that's what made me reflect. Crap, my mother punished us as children. We were sent to the basement. And in that basement was the freezer full of whatever you wanted, and it was all junk food. I said, "Fine, send me to my room," and I'd go eat.



**Dr. Glenn:** See, that's a perfect memory that shows you the association between punishing yourself and kind of getting rewarded for punishing yourself, right? In psychology, we call it a secondary gain. There's a good reason for you to punish yourself. Not a good reason, but as long as you're smacking yourself in the head and telling yourself that you're awful and really punishing yourself, then the pig gets to keep eating. And when you got punished, you had to go down to the basement and there was all kinds of junk down in the basement so you don't really mind.

**Amy:** I didn't mind, no. I minded that I was being punished or scolded for being a child. And my kids are children now and I can't take it. And it's because they remind me that they're just children, but I wasn't allowed to be a child. So down on the basement I went and I found joy. I now find joy another way. My father worked on vending machines, and when they broke down, he was one of the guys that had to go repair them and everything came home, so that's how we had so much stuff. You name it, we had it.

**Dr. Glenn:** So, Amy, I think what I said was not that you should see it as a punishment. It's fine to punish the pig by putting the pig back in the cage, but I think what I told you was that if you got involved with punishing yourself, that it was going to be hard to stop bingeing. You're going to feel too weak to resist the next binge. You just made a mistake, you are human. There is a paradox in Never Binge Again because we want to commit with perfection, but forgive ourselves with dignity. And what people think is that if they commit with perfection and say I'm never going to binge again, that if they make a mistake, that they're going to have to correspondingly punish themselves harder. But that's not really what we're after. We're after purging all



the doubt and insecurity from our brains when we make the commitment so we could focus all the energy on the goal.

And then if you do make a mistake, we want to take it seriously 'cause you made these rules when you were of sound mind and body and it was your best intellectual effort to put together a healthy plan of eating for yourself. So, you want to take it seriously. You want to think of the food plan as sacred, and that's what we mean by committing with perfection, but you also need to say, "Well, look, I'm a fallible human being and I don't believe in the death penalty for parking violations. If I have a parking violation, then I'm going to pay a small fine and I'm going to move on." That's the idea.

**Amy:**

That's what it is, and I like that. I think when you have a conditioned brain of doing something one way, for me anyway, it's taking me a little while to try to reverse everything you're teaching me to get that mindset and it's not coming right away. And it's okay, it's only been a couple weeks. So, I had the one fall and I've got two days back up and he hasn't squealed since I put down the food. It is a positive to me because I usually go and I'll go 24 hours and then I'll wait a day until I feel just right and you know it. And then I'll go again because I can't get it. But I know I can get it because I did that and I felt great. I think I just put too much on my plate. And you have said somewhere that a person who binges at night doesn't do enough self-care during the day, and I do go to the gym during the day however with how busy my daytime schedule has been. And I'm surprised I'm on the phone with you to then as soon as they pull in, I have wild children. I lost the five minutes of breathing, gratitude journal, all of that is zilch. I just want those kids in the freaking bed so I can go to bed, but now, I can't sleep. I have insomnia. So, am I doing okay, Glenn? Yeah. Tell me how I'm



going to get through the next few days of not sleeping because I do have that fear. It could come back out if I don't get the sleep going.

**Dr. Glenn:** So are you sure you're not going to sleep?

**Amy:** Yes, I'm positive. My husband worked last night. I know when he came home, I had a conversation with him. I was getting drinks thinking, okay, just fill your belly. I was on the phone just surfing. Yeah, I was up.

**Dr. Glenn:** Well, I've got a whole bunch of things to say about that, but let's start with the self-care. You have time to go to the bathroom during the day, right?

**Amy:** Yes.

**Dr. Glenn:** You don't hold it all day and then just go all at night. You get a couple of breaks and go to the bathroom?

**Amy:** Right.

**Dr. Glenn:** Could you extend those bathroom breaks by about three minutes and just write down two things that you're grateful for and take a deep breath?

**Amy:** Yeah, I can do that.

**Dr. Glenn:** No matter what's happening?

**Amy:** No matter what's happening.



**Dr. Glenn:** Unless one of your kids fell on their head and you have to go to the emergency room or something like that, but --

**Amy:** Yeah. Well, right now, you're talking during the day. During the day, I'm at work and I can make this happen. I never thought of using the bathroom. I could do that during the day.

**Dr. Glenn:** And maybe carry your smartphone around, you can do that journaling on the smartphone if you need to. Step outside for a second, that kind of thing. It would be better if you made your food plans in the morning. And if that's too difficult, you could plan it for the whole week on a Sunday. Look at your calendar, see where the rough spots are going to be. Plan it all out and try to have your food waiting for you when you get home so you know exactly what you're going to have and when it's going to stop.

**Amy:** That I do do. I do plan the night before and it's all set and ready to go. So I stick to my four meals, but then it's after. If I can't sleep, it's going to happen.

**Dr. Glenn:** So let's talk about sleeping a little then, okay? First of all, it's about 80 percent is good to lie in bed and relax as opposed to sleeping. It's still better if you sleep, but the problem is that people get all wound up about the fact that they're not sleeping and then that further prevents them from not sleeping. So if you remind yourself that 80 percent is good, make the goal to just lie in bed with your eyes closed and concentrate on your breathing. Try to make your out-breaths just a little longer than your in-breaths. Just whenever your mind is drifting and you're worried about sleeping, just go back and concentrate on your breathing. The other thing you want to do is come up with a story. It's almost like you're telling yourself a bedtime story, think about what



the perfect day would be for you. Walk yourself through the very first thing in the morning if things went the way you wanted them to. I know that they're not going to go the way you want them to 'cause you've got kids and a husband and kind of a chaotic household. But if they went the way you wanted them to, what would happen? Maybe you can even talk to me about this as we go through it. If you envision the morning before breakfast, how would everything go, what would your husband be doing? What would your kids be doing? What would you be doing? Be very, very specific about it and then think about the perfect morning and getting into the car to go to work and everything is just going perfectly. Everything is going exactly how you wanted to. What would the commute be like? What would you be listening to in the car? What would it feel like in your skin? You can even go through the shower or whatever routines you do to take care of yourself.

Go through every moment of the day and construct a story that you'd like to tell yourself. And when you catch your mind racing off to all of these reasons that you can't sleep and the medication is going to prevent you from sleeping and all that stuff, try to bring your mind back to your breath and to the story.

**Amy:**

I love that idea. I really love it. Now, of course, I'm going to have to hear it again, which is where I'll hear your voice saying it again, but it is. It was so calming just you saying to do the exercise 'cause I know how I envision my morning. I mean, I do my work and I would like to come up and just kiss the kids if they're up. It would be much better if they were asleep because then I would sit and I would breathe and I would relax, and I don't have that right now. When you get the kisses when they're all calm, I can envision it and I do want to write it out because it would be a beautiful story.



**Dr. Glenn:** I would love to see that. Seeing if you write that out and you start consciously telling yourself that each night. Even though your pig says it's impossible, you're actually programming your brain to start finding ways to make that happen. It doesn't have to happen all together. It can be a little bit of a fairy tale. You know how you can tell a kid a fairy tale to get them to go to sleep at night. You're telling yourself a fairy tale to get yourself to go to sleep. But if you have a favorite fairy tale, it also functions to create an archetype in your mind that your unconscious goal-seeking self will look for ways to make happen, and over the years, your days will get more and more like that. Does that make sense?

**Amy:** Yeah, it does. It does. When my life gets chaotic, I seem to put myself less and that theme is all about putting myself first. That really is self-care right there, just a vision.

**Dr. Glenn:** The last thing you want to do or maybe the first thing you want to do is I don't know if your doctor knows that you're feeling medically destabilized and having trouble sleeping. It might be that the titrate the withdrawal and do it more gradually, it might be that there's something they give you in the meantime. It might be you could talk to a naturopath and there's a supplement that you can take to regulate your cortisol levels. There're all sorts of reasons why people wake up in the middle of the night. I know I talked to a naturopath and he -- what is he have me taking? I know melatonin will help me sleep, but there's something else, I forget what it is. But --

**Amy:** Magnesium or something like that?



**Dr. Glenn:** That helped me, but it wears off after a while. What sounds like you know about those things? It might be a good time to have a consultation with a medical professional who really knows.

**Amy:** Okay, yeah. 'Cause I came off the medication at the very lowest dose that you can, weaned right down off it. So I know I came off at the correct way, but yeah, it's a very different experience for sure. It's like 3D.

**Dr. Glenn:** Is there anything else about your sleep hygiene, the routines you go through at night that you would do well to have a rule about to reinforce this?

**Amy:** That's right there is to tell my fairy tale. I will do the gratitude during the day and to have the fairy tale at night. I need a rule that doesn't excuse me out of doing it because the kid is then a bear to put to bed. I can see myself saying, "I Finally got in the bed and I'm just going to crash." Of course, I don't crash because I'm going to bed with the racing heart and the speeding mind and all that. I know that's how I react right now. As soon as I get them to bed, I'm like, "Oh, my God, I got a million things that I didn't get accomplished." So, yeah, I can see that I don't relax at night. So it's got to be something about before I get in bed, I will spend five minutes of calming my inner self down or something. My inner child down or --

**Dr. Glenn:** So I will always spend five minutes for getting in bed by myself to breathe and tell myself a bedtime story?

**Amy:** Yeah, like that. Okay. Gosh, I'm 49 years old and I'm going to tell myself a bedtime story.



**Dr. Glenn:** I do that. I don't have a rule about it, I just do it when I lay down. I live alone, so it's easier.

**Amy:** You can come over anytime to see how it is.

**Dr. Glenn:** Amy, I believe you. I used to run a therapeutic nursery -- well, I didn't run it. I worked at a therapeutic nursery when I was in college and I know what it's like to have a chaotic bunch of small children around. And I was a child in family therapist so I spent my days with small children in the office, so believe me I know. Is there some type of a chart you could put up on the wall just to tick it off each night, have a visual reminder?

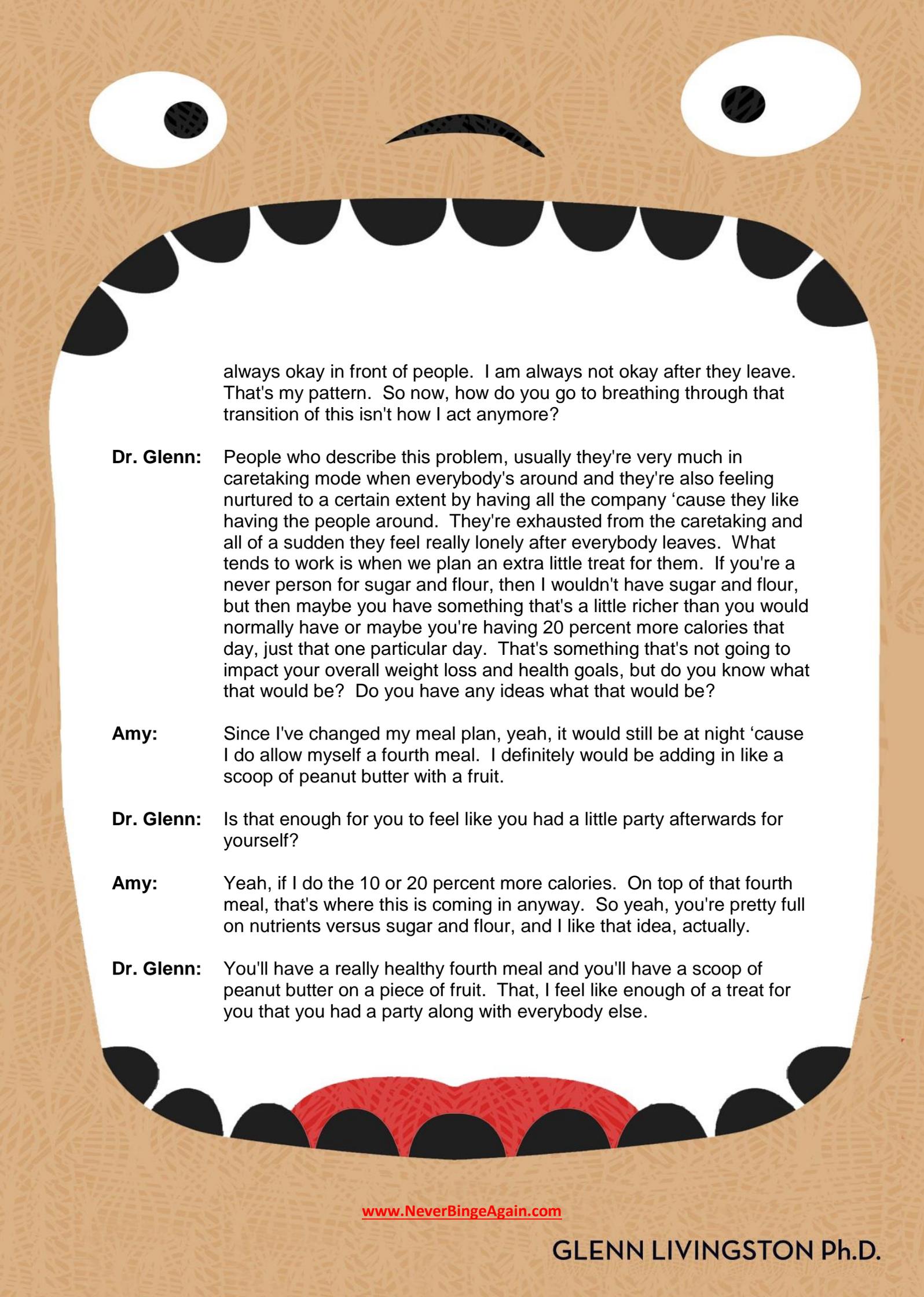
**Amy:** Oh, sure. I can do something like that.

**Dr. Glenn:** I'm talking to my partner the other day, Yoav, who I've now made the CEO of the company and we both came to the conclusion that it seems like we're having more success with always rules. Like nevers and conditionals are usually easier for people to implement than always and we're starting to find more success when we have some type of a mechanism that provides feedback, like a chart on the wall that works better for all those things, yeah.

**Amy:** I will do that 'cause I mentioned two things that are coming up that I haven't had time to worry about consciously. I don't know how to word this.

**Dr. Glenn:** Okay.

**Amy:** But unconsciously, I can sense them. One is my son's birthday. One of my son's birthday is Sunday and it will be on that my food and I am



always okay in front of people. I am always not okay after they leave. That's my pattern. So now, how do you go to breathing through that transition of this isn't how I act anymore?

**Dr. Glenn:** People who describe this problem, usually they're very much in caretaking mode when everybody's around and they're also feeling nurtured to a certain extent by having all the company 'cause they like having the people around. They're exhausted from the caretaking and all of a sudden they feel really lonely after everybody leaves. What tends to work is when we plan an extra little treat for them. If you're a never person for sugar and flour, then I wouldn't have sugar and flour, but then maybe you have something that's a little richer than you would normally have or maybe you're having 20 percent more calories that day, just that one particular day. That's something that's not going to impact your overall weight loss and health goals, but do you know what that would be? Do you have any ideas what that would be?

**Amy:** Since I've changed my meal plan, yeah, it would still be at night 'cause I do allow myself a fourth meal. I definitely would be adding in like a scoop of peanut butter with a fruit.

**Dr. Glenn:** Is that enough for you to feel like you had a little party afterwards for yourself?

**Amy:** Yeah, if I do the 10 or 20 percent more calories. On top of that fourth meal, that's where this is coming in anyway. So yeah, you're pretty full on nutrients versus sugar and flour, and I like that idea, actually.

**Dr. Glenn:** You'll have a really healthy fourth meal and you'll have a scoop of peanut butter on a piece of fruit. That, I feel like enough of a treat for you that you had a party along with everybody else.



**Amy:** Yeah, really. This peanut butter is really good.

**Dr. Glenn:** Okay. Do you have any trouble -- is peanut butter something that has to be on your never list?

**Amy:** No, I've just never had it at night. And I had it last night for the first time and it hit the spot, it did this trick and I was content. I was like, I'll be -- because I've always been afraid of peanut butter.

**Dr. Glenn:** When you say one scoop of peanut butter, is that as much as you can possibly fit on a tablespoon?

**Amy:** If I measure a tablespoon, it is a tablespoon.

**Dr. Glenn:** Okay. I just want to --

**Amy:** I do not give the pig any leeway.

**Dr. Glenn:** Amy, I have this suspicion that's not enough. Am I wrong? Is it really enough? I could be wrong. A scoop of peanut butter and a piece of fruit? I want to make sure it's enough.

**Amy:** No it's not, but it's going to be falling at the same time before bed with my fourth meal, which last night was a scoop of peanut butter, coconut oil, peppers and celery sticks, so I still have that to eat on top of this now extra scoop of peanut butter and an apple.

**Dr. Glenn:** Okay, you'll be fine. If there are some special occasions, you're going to have a big party, you're going to have a bunch of people over something, that's the kind of thing you want to do so that you don't fall apart afterwards. With the rest of it, you can breathe through it. The



rest of it, it's a good idea that you can extend your bathroom breaks at home too. Nothing that says you can't journal in the bathroom if you have to.

**Amy:** No, except two kids will follow you right in. But yes, I can lock the door, but then they're banging on the door. Glenn, you got to see these boys.

**Dr. Glenn:** Okay. How old are they?

**Amy:** They are going on nine, which now I'm trying to teach him it's not appropriate to see mom not dressed anymore. And I have a five-year-old who just wants to love me 24/7. They'll find me hiding in a closet.

**Dr. Glenn:** Okay. There's got to be some way you can get 90 seconds.

**Amy:** I'll figure it out, yeah. I'll lock the door and let them pound while I just read through the pounding.

**Dr. Glenn:** That's a possibility. I remember my mom used to like to read when I was that age. I can be near her, but I have to be quiet. I kind of liked it, actually. It was settling for me to see her feeling more settled. I didn't really give her a problem with it, but every kid has a different personality. We'll see.

**Amy:** How old were you? Can I ask really quick?

**Dr. Glenn:** How old am I?

**Amy:** How old were you when she did that?



**Dr. Glenn:** I think I was five or six and I seem to remember it being in Yonkers, so it must have been when I was five.

**Amy:** Okay. That worked really early. Okay.

**Dr. Glenn:** She was an English teacher. Reading meant an awful lot to her. I don't know, maybe I had just eaten the whole bottle of chocolate syrup. Maybe I was in a sugar coma, I don't know.

**Amy:** I can 100 percent say I've never done that.

**Dr. Glenn:** Please don't give your kids a bottle of chocolate syrup, it was a bad idea.

**Amy:** No.

**Dr. Glenn:** I don't know what my mom was thinking. She used to buy me a big box of pop tarts, chocolate fudge pop tarts, and I would eat the whole thing every morning and she'd make sure there was another box for me the next morning. She used to buy me a box of sugar pops that I eat after school, the whole box every day. She'll make sure there was another box there. She would buy my sister and I a case of Coca-Cola every week. We actually weren't drinking it, we were going upstairs and pouring it on the rug because we like the way it sounded and she didn't know that. This has nothing to do with Never Binge Again, except you can see my F'ed up childhood and how I became a binge eater.

**Amy:** Laughing helps.



**Dr. Glenn:** Laughing helps, yeah. I know the pig says that it's going to be really difficult for you to find five minutes before bed every night to tell yourself a bedtime story and breathe. And I know the pig says that you can't find 90 seconds extra several times a day to do that. But let's say you could do this for a whole month, what would be different in your life? Could you tell me what would be different?

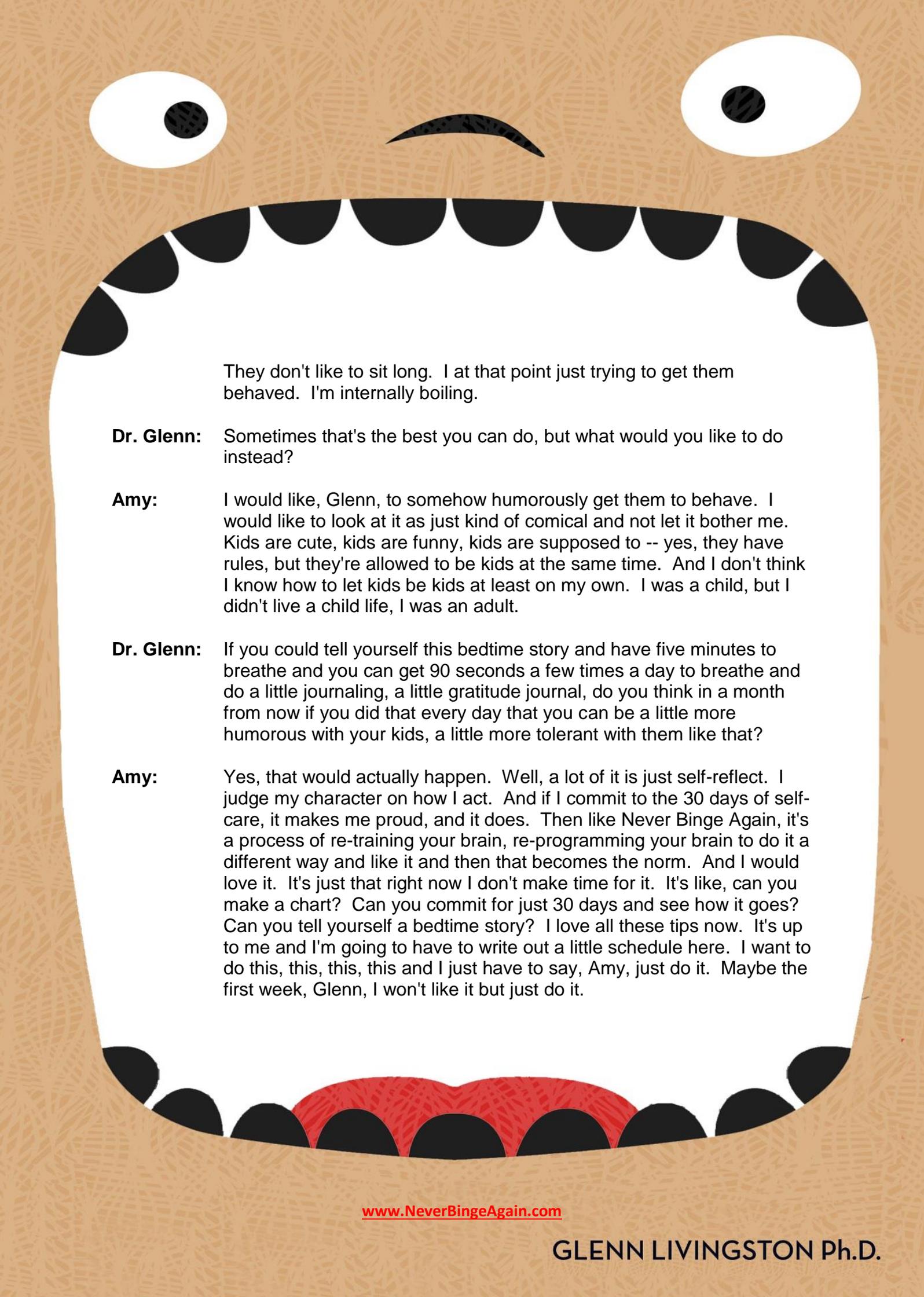
**Amy:** I would just feel a lot more calmer, less anxious, obviously. I do a hundred percent feel I would be more patient with my children and be able to just view them as their behavior is they're just children. I could feel it, I could smell it, I could sense it. It's doing it getting there, but I would be a better mom because there's this saying someone said to me, "I'll always love myself, but I don't always have to love my behavior." Six days out in a seven, I don't like my behavior.

**Dr. Glenn:** So, you'd be happier with yourself as a mom?

**Amy:** Much happier.

**Dr. Glenn:** When you say you'd be more patient with the kids, could you describe that for me? Paint me a picture about how you react now and how you'd like to react?

**Dr. Glenn:** How I react now is pretty much orderly. Of course, I need a schedule. They were born with a schedule. Dinner is promptly at six o'clock, "Guys, let's get on the table. You know there's enough with playing toys. Get the toys off the table now, and then they're not allowed in the kitchen. Okay, sit in your chair. Go back and sit in your chair. If you're not going sit in your chair, you're done with dinner." It's a non-stop recording when really they're just being children. Children are antsy.



They don't like to sit long. I at that point just trying to get them behaved. I'm internally boiling.

**Dr. Glenn:** Sometimes that's the best you can do, but what would you like to do instead?

**Amy:** I would like, Glenn, to somehow humorously get them to behave. I would like to look at it as just kind of comical and not let it bother me. Kids are cute, kids are funny, kids are supposed to -- yes, they have rules, but they're allowed to be kids at the same time. And I don't think I know how to let kids be kids at least on my own. I was a child, but I didn't live a child life, I was an adult.

**Dr. Glenn:** If you could tell yourself this bedtime story and have five minutes to breathe and you can get 90 seconds a few times a day to breathe and do a little journaling, a little gratitude journal, do you think in a month from now if you did that every day that you can be a little more humorous with your kids, a little more tolerant with them like that?

**Amy:** Yes, that would actually happen. Well, a lot of it is just self-reflect. I judge my character on how I act. And if I commit to the 30 days of self-care, it makes me proud, and it does. Then like Never Binge Again, it's a process of re-training your brain, re-programming your brain to do it a different way and like it and then that becomes the norm. And I would love it. It's just that right now I don't make time for it. It's like, can you make a chart? Can you commit for just 30 days and see how it goes? Can you tell yourself a bedtime story? I love all these tips now. It's up to me and I'm going to have to write out a little schedule here. I want to do this, this, this, this and I just have to say, Amy, just do it. Maybe the first week, Glenn, I won't like it but just do it.



**Dr. Glenn:** What other manifestations would there be of you being calmer?

**Amy:** Sounds vain. I think I would portray more beauty, external beauty. Facial expressions change. I think my relationship with my husband even though it's good could probably just excel to I want to put my hands all over you, you know? I just see, I can see that that's where I want to be. It just seems so far gone.

**Dr. Glenn:** So you'd have a stronger physical connection with your husband?

**Amy:** Absolutely. It's there, but boy, put the kids in the mix if it's out the window. And my personality changes to deal with the kids, and then I don't have time for him and that's not right either.

**Dr. Glenn:** What are the manifestations would there to be of you being calmer and having nicer facial expressions and being more patient with the kids?

**Amy:** More confident in myself. More forgiving of myself and not towards bingeing, but even at my work, you know, make a mistake, more forgiving, more outgoing, funny. I have a very serious side of me. My husband will say, "Yeah, that joke went right over Amy's head."

**Dr. Glenn:** But you also have a really humorous side to you, I know that already.

**Amy:** Yeah, I do. Just not around the kids. I swear and I see the connection between my upbringing. And God bless my parents, they have nine kids. They did the best they could. But I am my mother in a lot of ways and I don't like it. And I love my mother, but I even had my father telling me in my 20's, you're just like your mother and it would just make my skin boil because it's the last person I want to be like.



**Dr. Glenn:** You'd be calmer and more outgoing and funny. You wouldn't be repeating the blueprint that your mother left for you.

**Amy:** Yeah. 'Cause what I see is my mother, but she had nine kids, I only have two.

**Dr. Glenn:** Mm-hmm, you have a shot. You got a good shot.

**Amy:** Yeah, I got a good shot.

**Dr. Glenn:** Amy, what happens if you don't do this? What happens if you keep letting the gratitude journals slip by the wayside and you don't take a few minutes before bed to breathe and calm yourself down?

**Amy:** I'm already teary-eyed and I can't cry at work, but I'm already teary-eyed just knowing that I will continue to be ruled by this pig. I will damage the relationship with my children as they get older. I will probably destroy the relationship with my husband. Not because he's not forgiving or anything like that, but I think my pig has the ability to purposely destroy everything I should as a woman and a human being deserve. This pig doesn't want me to have any of it. And so for two years, he hasn't. It's been just the pig, the pig and me.

**Dr. Glenn:** So, the ghost of Christmas future would look pretty bleak.

**Amy:** Pretty damn bleak.

**Dr. Glenn:** So, take a breath for a moment. Tell me whether you want to commit to this or not.

**Amy:** There's no doubt. No, I'm in.



**Dr. Glenn:** But why does your pig say that you can't, shouldn't or won't be able to then?

**Amy:** Because it requires Amy putting in the effort of me actually doing the footwork because I haven't made long-term commitments and stuck to them before. Just too damn hard. And if I make a mistake, he's waiting. The pig is waiting. It's like, "That's okay, don't worry. Try for as long as you want, but I'll be here waiting for you." I mean, I know when I do this, he's going to be laying in that cage getting weaker and weaker. I know and I can see him laying there; eat whatever, jerk. Whatever you want to call that thing. I can see it all, Glenn. I'm a visualizer so I need the visualization.

**Dr. Glenn:** Good.

**Amy:** I have to write it out. And like you said, something beautiful. See the chart and then I can't forget that I need to do this for me.

**Dr. Glenn:** Amy, what else does the pig say, it says you're going to forget?

**Amy:** Until I write it down, yeah, he will. 'til get it nice and pretty and perfect. I'm one of those people I think, I don't know, maybe it's the little LCD where you write out a note on a piece of paper and you have that couple of things and you're like, oh, screw that, start over.

**Dr. Glenn:** It's good that you know that. What else does the pig say? It says you'd never made a long-term commitment before so you're never going to be able to do in the future. It's too hard and I'll be waiting for you right here as soon as you fell, which is going to happen eventually, at some point you're going to forget or you're going to forget before you even get started.



**Amy:** If you miss one day, oops, there I am. It's okay to miss one day. In my brain, it wouldn't be okay. I have to make it okay.

**Dr. Glenn:** Pig says that if you miss one day, it's over. It's game over.

**Amy:** The crack is there.

**Dr. Glenn:** What else does the pig say?

**Amy:** I don't know.

**Dr. Glenn:** That's all?

**Amy:** Yeah, that's all.

**Dr. Glenn:** Those are the pig's best shots?

**Amy:** I think so.

**Dr. Glenn:** All these years and that's all it has.

**Amy:** Mm-hmm.

**Dr. Glenn:** Let's find the lies then. The pig says that you've never stuck to a long-term commitment before, you're not capable of putting in that kind of effort doing the footwork, where is the lie in that?

**Amy:** The lie is that I wouldn't have the job that I have right now if I didn't put the effort into it and the studying and losing friends over having to spend hours on keyboard getting my speed up to do what I do and to



pass certifications and to keep the certification up. I mean, that's a lie. I just have to find what fits me then I know I keep commitments.

**Dr. Glenn:** It took you lifetime to find that job first, right?

**Amy:** It took me a lifetime and this brain tends to focus on what I haven't accomplished. What I've tried and haven't accomplished, not what I've accomplished.

**Dr. Glenn:** Well, you're changing that in developing a success identity. That's a conscious choice. You can make a conscious choice to change the evidence that you collect.

**Amy:** I like that too, yeah.

**Dr. Glenn:** You're becoming a person who collects evidence of success.

**Amy:** I like that. And I am. Having 12 days going from up to four times a week going haywire with literally, Glenn, I'm not joking; 10,000 calories each time to getting 12 days going, wow, all I had to do is commit a hundred percent to have my meal plan and my rules on paper and say, "No, pig, I'm committing a hundred percent." I went from two to four to having 12 days.

**Dr. Glenn:** Pig says, "It's just too hard and I'll be waiting for you as soon as you slip," where is the lie in that so you're definitely going to binge?

**Amy:** Well, I think it's a lie now because I'm getting stronger every day and I'm putting tools or new habits in place. So yeah, maybe I'll make a mistake, but a mistake isn't a failure. It's just a mistake at a wrong choice or.



**Dr. Glenn:** Those were the old days where one mistake meant you're going to roll all the way down the hill. Chip a tooth, you'd get a hammer to bang the rest of them out. You don't do that anymore.

**Amy:** Yeah, that is so true. Good analogy.

**Dr. Glenn:** What about the pig is saying you're going to forget?

**Amy:** Well, it's fresh right now and I'm going to make a chart not to forget. I'm going to log the alarms in my phone to remind me, so there's no way I can purposely forget. And I have a good memory.

**Dr. Glenn:** Can I ask you a little bit of a scatological gross question, but it's pertinent it would help, is that okay?

**Amy:** Sure.

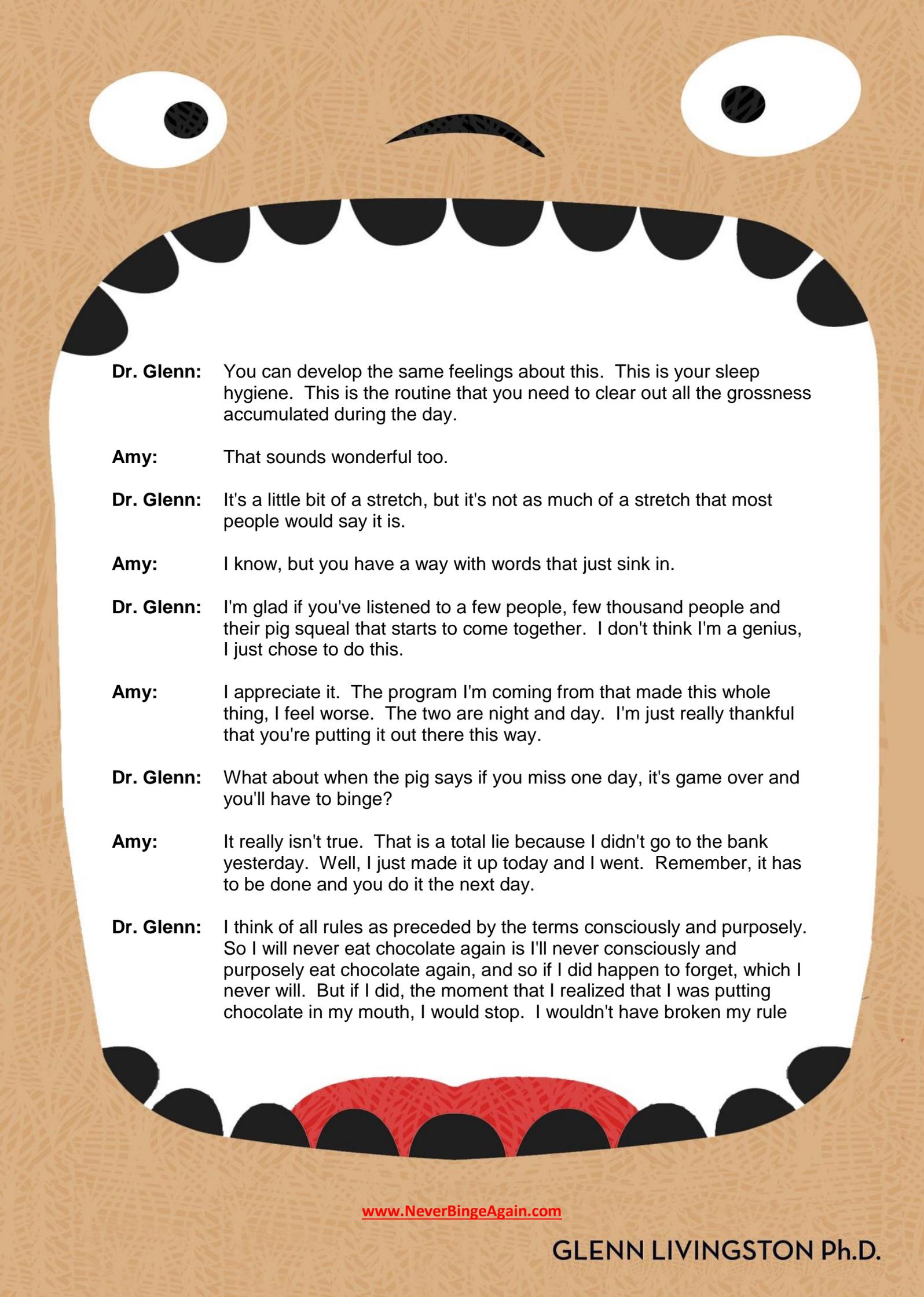
**Dr. Glenn:** Do you ever forget to wipe?

**Amy:** No.

**Dr. Glenn:** How come?

**Amy:** You'll be easier and simpler and you're really busy, the kids are pounding at the door?

**Amy:** It's automatic and it's hygienic, and it would be pretty disgusting if I didn't.



**Dr. Glenn:** You can develop the same feelings about this. This is your sleep hygiene. This is the routine that you need to clear out all the grossness accumulated during the day.

**Amy:** That sounds wonderful too.

**Dr. Glenn:** It's a little bit of a stretch, but it's not as much of a stretch that most people would say it is.

**Amy:** I know, but you have a way with words that just sink in.

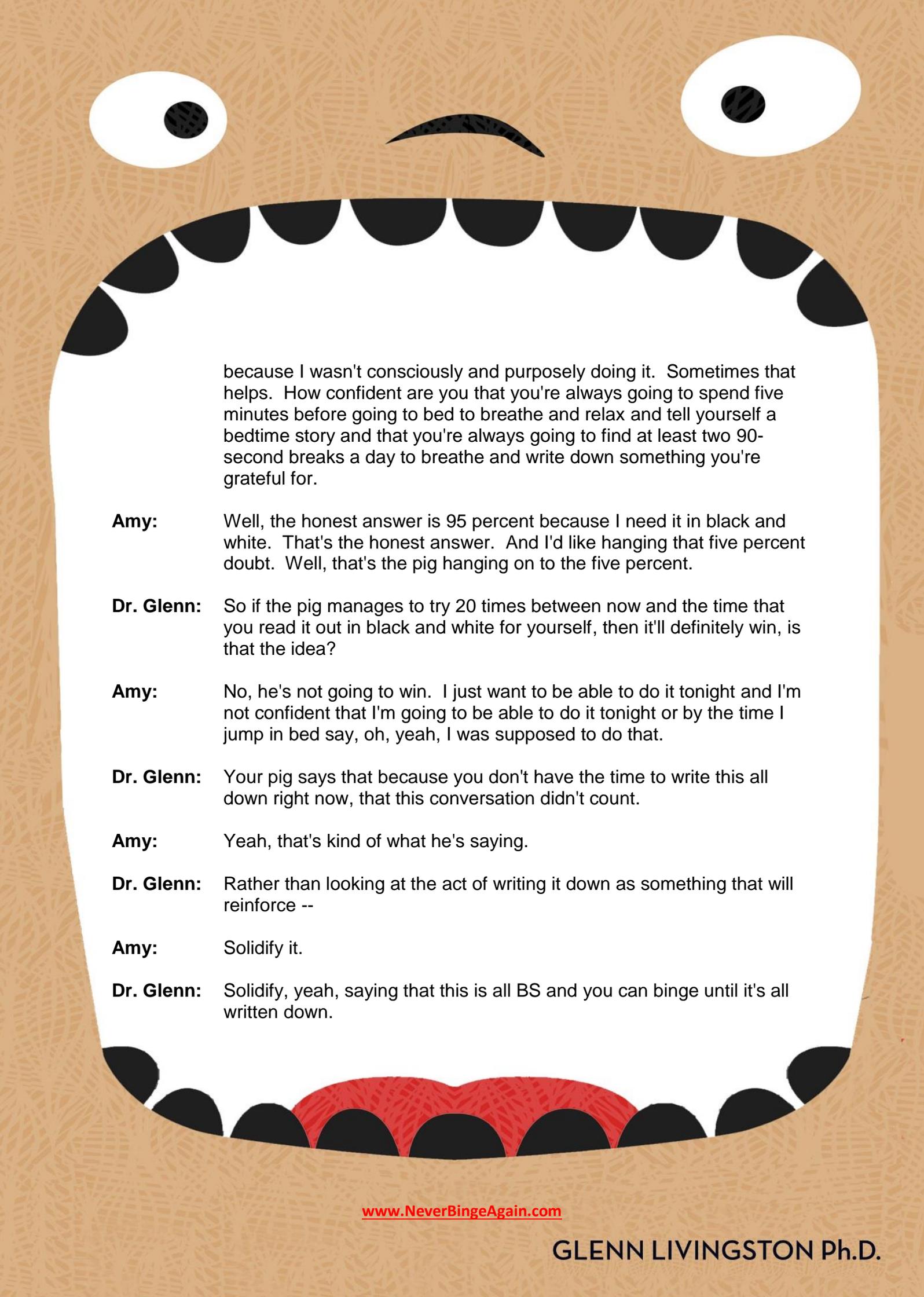
**Dr. Glenn:** I'm glad if you've listened to a few people, few thousand people and their pig squeal that starts to come together. I don't think I'm a genius, I just chose to do this.

**Amy:** I appreciate it. The program I'm coming from that made this whole thing, I feel worse. The two are night and day. I'm just really thankful that you're putting it out there this way.

**Dr. Glenn:** What about when the pig says if you miss one day, it's game over and you'll have to binge?

**Amy:** It really isn't true. That is a total lie because I didn't go to the bank yesterday. Well, I just made it up today and I went. Remember, it has to be done and you do it the next day.

**Dr. Glenn:** I think of all rules as preceded by the terms consciously and purposely. So I will never eat chocolate again is I'll never consciously and purposely eat chocolate again, and so if I did happen to forget, which I never will. But if I did, the moment that I realized that I was putting chocolate in my mouth, I would stop. I wouldn't have broken my rule



because I wasn't consciously and purposely doing it. Sometimes that helps. How confident are you that you're always going to spend five minutes before going to bed to breathe and relax and tell yourself a bedtime story and that you're always going to find at least two 90-second breaks a day to breathe and write down something you're grateful for.

**Amy:** Well, the honest answer is 95 percent because I need it in black and white. That's the honest answer. And I'd like hanging that five percent doubt. Well, that's the pig hanging on to the five percent.

**Dr. Glenn:** So if the pig manages to try 20 times between now and the time that you read it out in black and white for yourself, then it'll definitely win, is that the idea?

**Amy:** No, he's not going to win. I just want to be able to do it tonight and I'm not confident that I'm going to be able to do it tonight or by the time I jump in bed say, oh, yeah, I was supposed to do that.

**Dr. Glenn:** Your pig says that because you don't have the time to write this all down right now, that this conversation didn't count.

**Amy:** Yeah, that's kind of what he's saying.

**Dr. Glenn:** Rather than looking at the act of writing it down as something that will reinforce --

**Amy:** Solidify it.

**Dr. Glenn:** Solidify, yeah, saying that this is all BS and you can binge until it's all written down.



**Amy:** 'til I get it perfect.

**Dr. Glenn:** Where is the lie in that?

**Amy:** It's a total lie. It's not going to happen and I'm going to do it 'cause it's so easy, five minutes.

**Dr. Glenn:** Amy, about five minutes ago, I asked you to take a breath and I asked you whether you wanted to commit to this and you were a hundred percent certain that you wanted to do it.

**Amy:** Mm-hmm.

**Dr. Glenn:** In my mind at that moment was when you commit it whether it's written down or not. I wrote it down, so it actually is in black and white. I'm sitting here looking at it in black and white so if it has to be in black and white, it actually is. You can tell your pig that.

**Amy:** I will tell my pig that.

**Dr. Glenn:** Okay. Well, what do you think? How confident are you?

**Amy:** I'm a hundred percent.

**Dr. Glenn:** Okay.

**Amy:** Yeah, I'm a hundred percent.

**Dr. Glenn:** Your pig has some other ideas. You have a very creative pig.

**Amy:** I do.



**Dr. Glenn:** This is the first time I heard that it doesn't count unless that it's -- it's good idea to write things down so the pig can't mess with it, but it's the first time I heard that it isn't count until it's written down. It's funny. Do you have any questions or concerns?

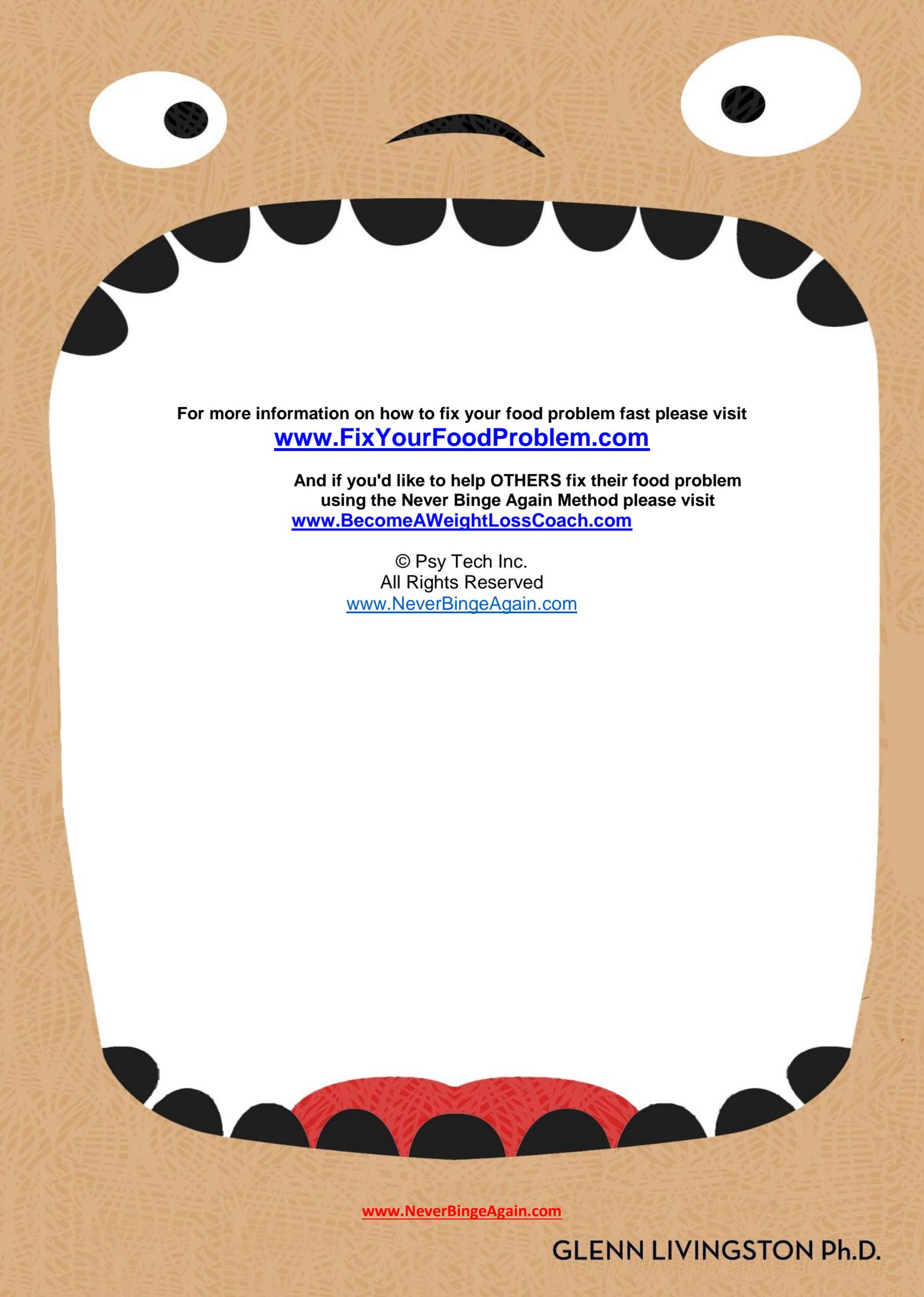
**Amy:** No. No, I'm kind of looking forward to doing it tonight. And if it means getting to bed five minutes later because I'm a hundred percent committed doing it, then it's five minutes later. 'Cause you know what, 'cause I'm not listening to it.

**Dr. Glenn:** Is there anything that you wanted to say that I didn't ask you?

**Amy:** No.

**Dr. Glenn:** Okay, dear.

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