

## Glenn Livingston, Ph.D. and Denise Session 1

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**Dr. Glenn:** I'm Dr. Glenn Livingston with Never Binge Again and I am here with a client, Denise. How are you, Denise, today?

**Denise:** I'm good, thank you. How are you?

**Dr. Glenn:** I'm very good. I'm very good. And Denise has graciously agreed to let us record this session so you can all benefit from her successes and struggles and insights and observe as she goes through the process. Denise, why don't you update me? You read the book. I know we did a little coaching awhile back. Tell me how things have been going.

**Denise:** Well, things are going really well at first with the whole thing. I made it for quite a while and I had lost almost 20 pounds, and then I went back to the same old regimen of "I'll start tomorrow, I'll start tomorrow, I'll start tomorrow," so I've taken it back to step one again, re-reading the book and trying to get back caging my inner pig, as my daughter says.

**Dr. Glenn:** Okay. That's what I said too.

**Denise:** Right.



**Dr. Glenn:** Okay, so you had a reversal of intent and then you decided that you would just wait to start tomorrow, you'll start tomorrow, you'll start tomorrow, so we'll talk about that particularly the pig squeal because that's a difficult one that a lot of people have trouble with. Is there any change to your food plan? Do you need to review it or are you perfectly comfortable with you really know what healthy eating is and what isn't and you know when you're on and you know when you're off?

**Denise:** That's right. I really know what the healthy eating is and I know what I can do and what I can't do. I think that might be another part with me of what the process is since I have kids and my husband and they're on one -- they're eating some of what I'm eating, but not what I'm eating is what they're having because obviously they don't have the same issues with the food as I do, so that trips me up sometimes too.

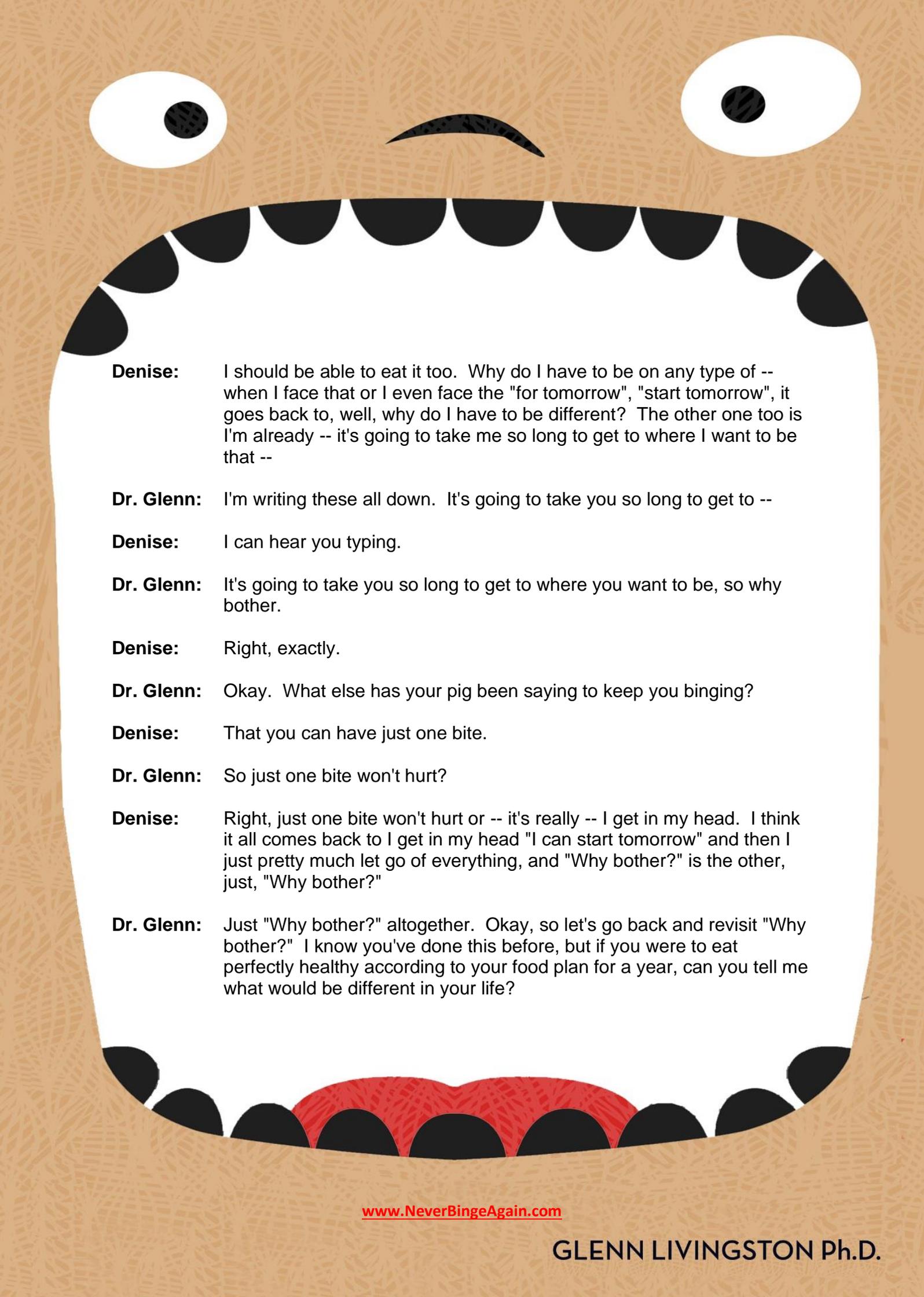
**Dr. Glenn:** So your family is eating what would be pig slop to you?

**Denise:** Right, exactly.

**Dr. Glenn:** Okay, so we don't have to go over your food plan. There are a couple of pig squeals that we're getting here. One is the "I'll start tomorrow" squeal and the other is that the family is eating pig slop in your definition of the word.

**Denise:** Right.

**Dr. Glenn:** So what's the rest of that squeal? So your family is eating pig slop and therefore?



**Denise:** I should be able to eat it too. Why do I have to be on any type of -- when I face that or I even face the "for tomorrow", "start tomorrow", it goes back to, well, why do I have to be different? The other one too is I'm already -- it's going to take me so long to get to where I want to be that --

**Dr. Glenn:** I'm writing these all down. It's going to take you so long to get to --

**Denise:** I can hear you typing.

**Dr. Glenn:** It's going to take you so long to get to where you want to be, so why bother.

**Denise:** Right, exactly.

**Dr. Glenn:** Okay. What else has your pig been saying to keep you bingeing?

**Denise:** That you can have just one bite.

**Dr. Glenn:** So just one bite won't hurt?

**Denise:** Right, just one bite won't hurt or -- it's really -- I get in my head. I think it all comes back to I get in my head "I can start tomorrow" and then I just pretty much let go of everything, and "Why bother?" is the other, just, "Why bother?"

**Dr. Glenn:** Just "Why bother?" altogether. Okay, so let's go back and revisit "Why bother?" I know you've done this before, but if you were to eat perfectly healthy according to your food plan for a year, can you tell me what would be different in your life?



**Denise:** I think probably pretty much everything.

**Dr. Glenn:** But don't skip over it. Let's go one by one.

**Denise:** Well, I would feel better in my own skin. I would just have a healthier outlook. I would be able to do -- I wouldn't hide behind my weight and I would just really enjoy life I guess because I think I use it as a barrier.

**Dr. Glenn:** So you would enjoy life. You wouldn't hide behind your weight.

**Denise:** Right.

**Dr. Glenn:** So more specifically, what would I see? If I were to observe you all day long a year from now as opposed to right now when you're hiding behind your weight, what would I see?

**Denise:** I think just that I would be -- and this is going to sound like a pun at this point, but I would be lighter. My soul would just be -- not just the weight. The weight is a part of it, but it's just my soul would be lighter. I would just be able to -- I don't know if that makes sense or --

**Dr. Glenn:** Say more about it. What would you be able to do?

**Denise:** Just anything, anything that I would want to do. I feel like I would just be able to do anything. I don't have to worry about whether something will fit me. I don't have to worry about what my next meal is or how to get my next fix or anything of that nature.

**Dr. Glenn:** You wouldn't worry about something not fitting you. This is good. You wouldn't be obsessing about where to get your next fix of pig slop.



**Denise:** Right.

**Dr. Glenn:** And what else?

**Denise:** I'll just be able to be me, I guess.

**Dr. Glenn:** Who is "you"? I know what sounds like a silly question, but one of the ways that our pigs make pig slop seem more appealing is by keeping this vision from us and preventing us from seeing who we are and who we really want to be. So I'd just love to hear a little bit more about that. Maybe there's a time in your life when you were eating healthy and you felt more like yourself. Could you tell me about that?

**Denise:** I just know when I'm getting down to who I really am, I just feel free. I feel free as if I don't have any barriers around me. And whatever that may be or whoever I may be, it's as if the walls have come down and I am who I am and I'm okay with that. It also comes into something with that. I don't have to try to be something that I'm not.

**Dr. Glenn:** And when you're eating pig slop, what do you feel like you have to try to be?

**Denise:** I don't even know if I -- well, perfect. I guess just along the lines of -- I kind of give up at that point, so I don't know. I'm a person who gives up.

**Dr. Glenn:** Okay, so you just really don't feel accepted when you're heavier and you just can't be yourself and you feel judged.

**Denise:** Right.



**Dr. Glenn:** And when you're thin and eating healthy, you can be more present with other people.

**Denise:** Yes.

**Dr. Glenn:** Does that mean you look them in the eye more, that you're more available to hug them or smile or laugh?

**Denise:** Right, more available just to be -- it sounds corny, but just to be me. I don't have any barriers up to who I am.

**Dr. Glenn:** Okay, I understand. Is that what you mean by "I'd feel better in my own skin"?

**Denise:** Yes. I wouldn't have to be hiding behind the walls. I think I hide behind the pig, I guess, and then I can break free.

**Dr. Glenn:** What about your health? Is there anything physically that would improve?

**Denise:** Well, my blood pressure, just getting back into shape.

**Dr. Glenn:** What would it mean to you to improve your blood pressure? Why is that important?

**Denise:** I can possibly live longer. I know it sounds contrite right now, but it's really what it comes down to.

**Dr. Glenn:** Well, it sounds contrite to our pigs, but it's important to us, right?

**Denise:** Right, exactly.



**Dr. Glenn:** Why do you want to live longer? What would you do with that time?

**Denise:** Just be free. I know I keep saying this, just be free, but just not be living behind this, trying to get my next fix. I think I would be able to not have that be the focus of everything I do and I don't know if that answers your recent question, but --

**Dr. Glenn:** Denise, are you saying that -- a lot of people say that the pig has cheated them out of a lot of years of life.

**Denise:** Oh, absolutely, without a doubt.

**Dr. Glenn:** And you maybe can't get those years back, but you could live the balance of your life in a longer period being free and being yourself.

**Denise:** Right, right. It wouldn't be the center and the focus of everything I do and everything I say and everywhere I go.

**Dr. Glenn:** How important is that to you?

**Denise:** Over-the-top important, really the most important thing.

**Dr. Glenn:** So really the most important driver for you is to be able to be yourself again.

**Denise:** Yes.

**Dr. Glenn:** Are there any --



**Denise:** Being able to be myself and not obsessing about -- not having that be the first and foremost thing.

**Dr. Glenn:** What about are there clothes that you would wear or are there meetings that you would take that you're not taking now? What impact would that have --

**Denise:** Definitely. There are definitely clothes that I would wear. I don't really have anything specific. I just want to feel comfortable. And as for meetings that I would take, absolutely, I'd break more out of my shell with my jewelry that I make and try to go out and showcase that because the stuff that I make is really nice stuff and I think a lot of the times I don't get out there and try to have a venue to sell it because of this barrier.

**Dr. Glenn:** I can vouch for that. If you want to say your website for a second, it wouldn't hurt for people to know.

**Denise:** Oh, handejadesigns.com.

**Dr. Glenn:** Okay. We weren't planning that, but as long as you mentioned it.

**Denise:** It's something that I would do. It's something that I would -- I used to love to get dressed up and have necklaces on and have jewelry on and I don't do that anymore. And when I was in a place where the pig was caged, I was doing that again. Even though I had weight that I had to lose, I felt like I was at peace again.

**Dr. Glenn:** Okay, so you'd break more out of your shell. You'll be more at peace. Being more at peace is much more important than all of these things, than the other things you're talking about.



**Denise:** Yes, being more at peace and being able to be myself. I guess being more at peace is really what it is. I just want to be at peace.

**Dr. Glenn:** Denise, since you have a visual image of being at peace with those necklaces, could you describe one for me? Maybe there's a particular necklace that you wore that you were starting to feel more at peace with and you were smiling and happy with yourself as you started to wear that.

**Denise:** I have this one that's -- I have actually two that I really like. It's one of the hot pink, deep hot pink and silver necklace that I would wear a lot, and I have another one with a big jade, more of a jade-looking type one that I would wear too.

**Dr. Glenn:** And what do you wear the hot pink and silver necklace with? Is there a nice dress that you like or --

**Denise:** Anything. I could wear it either with jeans or with dressing it up.

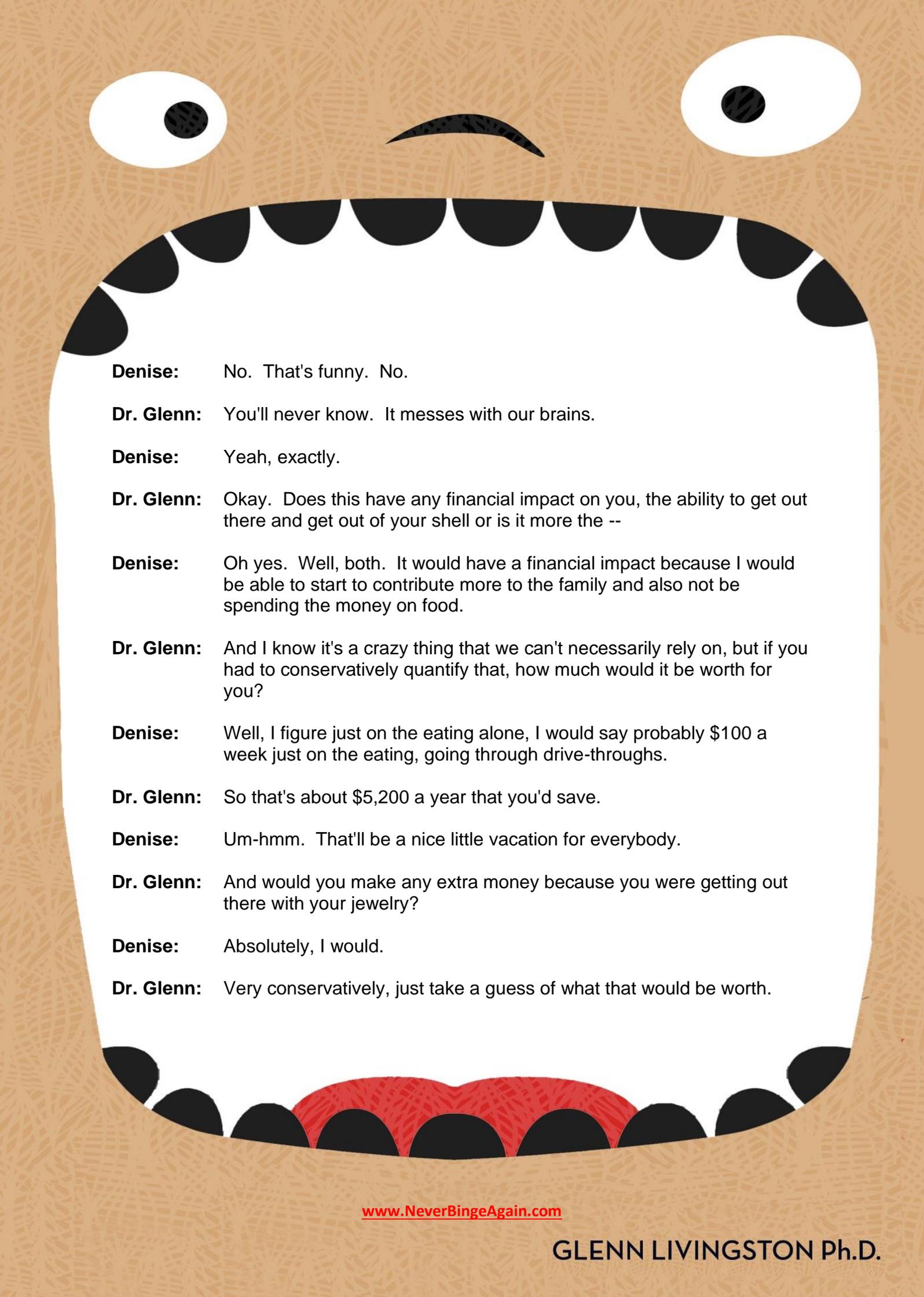
**Dr. Glenn:** It sounds cool. What about the jade one?

**Denise:** Same thing, same way.

**Dr. Glenn:** Wow, so it's really versatile.

**Denise:** Yes.

**Dr. Glenn:** This is like I'm showing my -- is my testosterone interfering with my reasoning?



**Denise:** No. That's funny. No.

**Dr. Glenn:** You'll never know. It messes with our brains.

**Denise:** Yeah, exactly.

**Dr. Glenn:** Okay. Does this have any financial impact on you, the ability to get out there and get out of your shell or is it more the --

**Denise:** Oh yes. Well, both. It would have a financial impact because I would be able to start to contribute more to the family and also not be spending the money on food.

**Dr. Glenn:** And I know it's a crazy thing that we can't necessarily rely on, but if you had to conservatively quantify that, how much would it be worth for you?

**Denise:** Well, I figure just on the eating alone, I would say probably \$100 a week just on the eating, going through drive-throughs.

**Dr. Glenn:** So that's about \$5,200 a year that you'd save.

**Denise:** Um-hmm. That'll be a nice little vacation for everybody.

**Dr. Glenn:** And would you make any extra money because you were getting out there with your jewelry?

**Denise:** Absolutely, I would.

**Dr. Glenn:** Very conservatively, just take a guess of what that would be worth.



**Denise:** Well, I'd say \$500 a month.

**Dr. Glenn:** So like six grand a year.

**Denise:** Right.

**Dr. Glenn:** So if we combine that, it's more than \$1,000 a month.

**Denise:** Right, yes.

**Dr. Glenn:** It's almost \$1,000 a month and more than 10 grand a year.

**Denise:** Right.

**Dr. Glenn:** Do you believe that? Am I putting words in your mouth? Is that realistic?

**Denise:** No, I absolutely believe that. Oh, I absolutely believe that.

**Dr. Glenn:** Okay, so the binging is costing you \$10,000 a year in total.

**Denise:** Probably, yes.

**Dr. Glenn:** Okay. Could there be anything in your relationship that would improve?

**Denise:** Yes, with my kids, doing more things with my kids that are physical because they're very physical kids. They're very go outside and they don't like to be in the house very often. They want to be outside playing.



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

**Denise:** Anything, go for a walk, go on the trampoline. We have a park right by us, take the dog out with us, anything, go on hikes.

**Dr. Glenn:** They're very physical kids.

**Denise:** Yes, they are.

**Dr. Glenn:** Somebody put a battery in them and forgot to --

**Denise:** They forgot to take it out, yes.

**Dr. Glenn:** I know kids like that. It's hard for parents sometimes. Okay. Would you enjoy that if you have the energy?

**Denise:** Yes, I would.

**Dr. Glenn:** Really? Or would it be a bother?

**Denise:** No, I would enjoy it.

**Dr. Glenn:** What about with your husband? Will anything change?

**Denise:** Kind of the same thing. He likes to go on hikes and do things like that too, so it'd be more along the same thing.

**Dr. Glenn:** What about your friends?



**Denise:** Well, it wouldn't be all focused around food and I feel like sometimes that that's where we -- like, "Where are we going to go eat?" It seems to be kind of the focal point of what we're going to do.

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

**Denise:** I don't know, just relax.

**Dr. Glenn:** You might just hang out and relax and talk.

**Denise:** Yup.

**Dr. Glenn:** Make memories.

**Denise:** Right.

**Dr. Glenn:** Okay. What else? What else would be different in a year if you did this perfectly?

**Denise:** That probably covers about everything. I think I would be able to plan and figure out what I'm going to do when I grow up I guess is the big thing, what I'm going to do next once the kids are in school full time.

**Dr. Glenn:** When the kids leave the nest.

**Denise:** Yes.

**Dr. Glenn:** Okay, very good. What else?

**Denise:** That pretty much covers it.



**Dr. Glenn:** Okay. Your brain is going to be popping with ideas for a week or so. Try to capture it. It's going to help you.

**Denise:** Okay. I will.

**Dr. Glenn:** Let's give your pig a chance and I think you know -- I remind people of this at this juncture. Denise, you know I like you, but I don't like your pig very much, so if you feel uncomfortable, it's just the pig inside you and I'm attacking it, okay?

**Denise:** Right. I know that.

**Dr. Glenn:** Well, so far we want to give your pig a chance. We want it to be able to say all the reasons why we shouldn't do this, can't do this or won't do this. And so far we know it says, "You can start tomorrow," "Your family is eating pig slop and therefore you should be able to eat it," "It's not fair that you've got to be different," "It's going to take so long to get where you want to go, so why bother?" "Just another bite won't hurt," "Really, why bother?" What else is the pig saying?

**Denise:** That's pretty much -- it's on a loop.

**Dr. Glenn:** That's what it's got?

**Denise:** Yeah. It's pretty much all it's got, yup. It's on a loop, just the same stuff.

**Dr. Glenn:** You don't want to tell it this is its chance? You don't want to give it one more chance to say something else?



**Denise:** No. It's pretty much what it does. It just keeps it on a loop. It keeps me very much under its control by keeping on that same loop.

**Dr. Glenn:** It thinks it can keep you under control by keeping you on the same loop. Up until this point, it actually thinks that it could.

**Denise:** Right.

**Dr. Glenn:** For a little while. Obviously you managed to cage your pig for some time and lose 20 pounds and that's no small accomplishment.

**Denise:** No.

**Dr. Glenn:** So if you can do it before, you can do it again. And if you can do it for a month, you can do it for a year.

**Denise:** Right, exactly.

**Dr. Glenn:** Okay, so let's go through these and talk through -- jump back up into your higher self. I want to hear what you think a better answer might be especially in consideration of everything we just talked about, and then where you need help, I'll help you. You're not going to have to remember these answers, but it's really helpful to do a rational disputation of your pig's best squeals at least once to expose them through the light of day and see how silly they really are.

**Denise:** Okay.

**Dr. Glenn:** So when the pig says, "I'll start tomorrow," what's a better answer to that one? How would you dispute that? Why is that not a good idea?



**Denise:** I'll start right now.

**Dr. Glenn:** How come?

**Denise:** Because tomorrow might not come. Tomorrow is not guaranteed.

**Dr. Glenn:** Now is the only time you can feed yourself, right?

**Denise:** Right.

**Dr. Glenn:** What else? Why else is "I'll start tomorrow" not such a great idea?

**Denise:** I think that pretty much -- I mean, tomorrow's not guaranteed. Why wait until tomorrow? What's so special about tomorrow?

**Dr. Glenn:** Do you want me to give you a couple of other things that help people in this situation?

**Denise:** Sure, yes please.

**Dr. Glenn:** Well, the first one you're really saying already. Tomorrow is not guaranteed. We don't have a time machine. The only time that we can feed ourselves is now. That's the first one. The other one is that every time you feed the pig, you make the craving stronger. It's the principle of neuroplasticity, that which wires together fires together. If you have a craving and you feed it, you're training your brain that that's where the reward is so to speak and the pathways in your brain wire together more strongly to produce those cravings even more strongly the next day.



So really the pig is saying, "I'll start tomorrow. It doesn't matter one way or the other," but the truth is that every choice has a very serious impact on the level of cravings and difficulty you have in resisting them. You can either feed the addiction or starve it. You can either reinforce the addiction or begin to extinguish it. If you eat healthy today, the craving is going to be easier to deal with tomorrow. If you eat healthy tomorrow, the craving is going to be easier to deal with the next day. If you eat badly today, you're going to have a harder time with the craving tomorrow. That's enforcing the truth, the unfortunate and fortunate truth about how our brains are wired. Does that make sense?

**Denise:** Yup, absolutely.

**Dr. Glenn:** So it's not an unusual thing. It's not an unusual thing at all. The other thing people say is -- this just comes from me. I always use the present moment to be healthy.

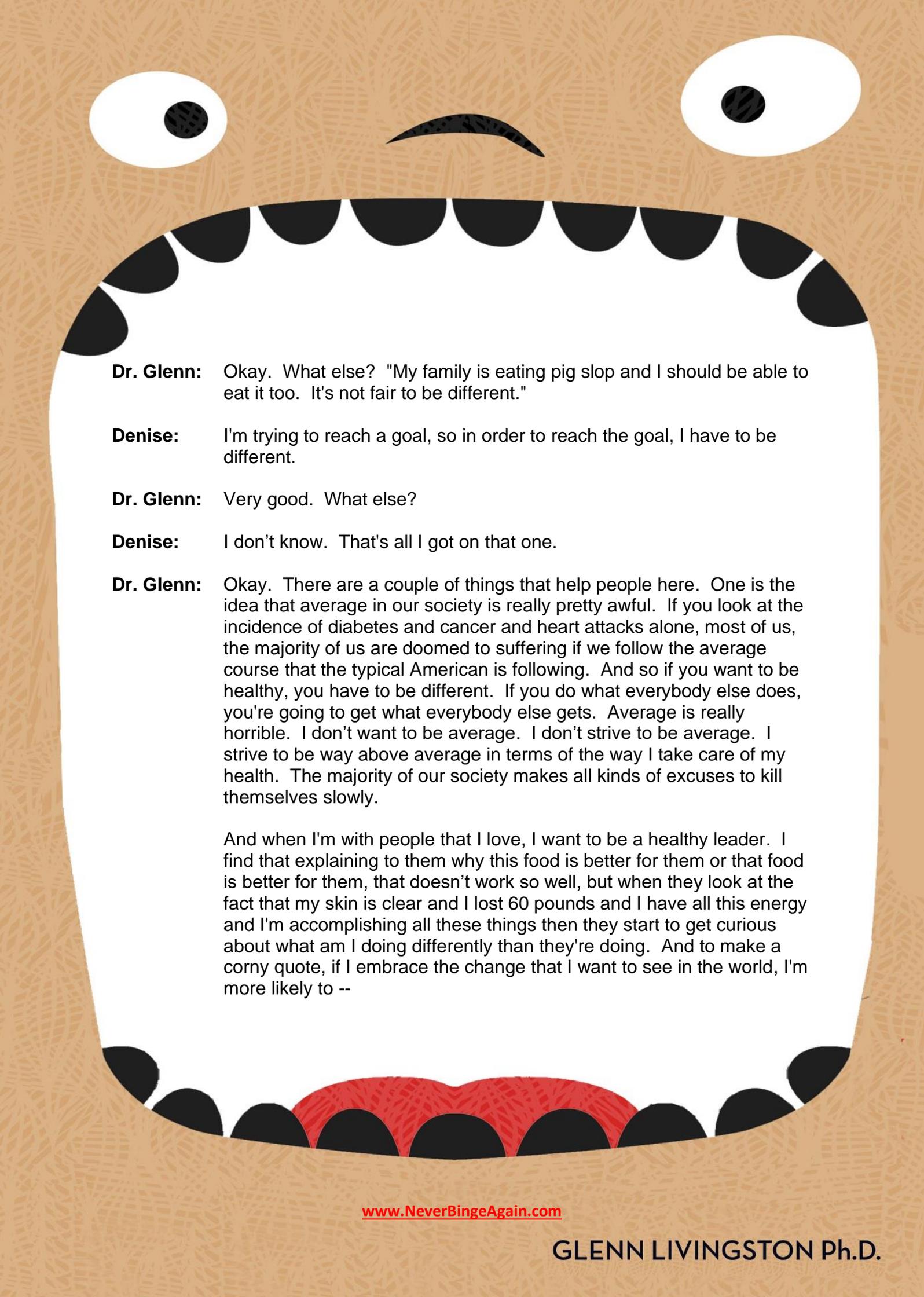
**Denise:** Okay.

**Dr. Glenn:** What about when the pig says, "My family is eating pig slop and I should be able to eat it too. It's not fair that I have to be different."

**Denise:** It's just a fact that I am different. It's just a fact that it's where I am in my life. It goes back to the same thing that you just said. If you feed it, you fire it. If you starve it -- I don't know what the --

**Dr. Glenn:** You extinguish it.

**Denise:** You're extinguishing it, yeah.



**Dr. Glenn:** Okay. What else? "My family is eating pig slop and I should be able to eat it too. It's not fair to be different."

**Denise:** I'm trying to reach a goal, so in order to reach the goal, I have to be different.

**Dr. Glenn:** Very good. What else?

**Denise:** I don't know. That's all I got on that one.

**Dr. Glenn:** Okay. There are a couple of things that help people here. One is the idea that average in our society is really pretty awful. If you look at the incidence of diabetes and cancer and heart attacks alone, most of us, the majority of us are doomed to suffering if we follow the average course that the typical American is following. And so if you want to be healthy, you have to be different. If you do what everybody else does, you're going to get what everybody else gets. Average is really horrible. I don't want to be average. I don't strive to be average. I strive to be way above average in terms of the way I take care of my health. The majority of our society makes all kinds of excuses to kill themselves slowly.

And when I'm with people that I love, I want to be a healthy leader. I find that explaining to them why this food is better for them or that food is better for them, that doesn't work so well, but when they look at the fact that my skin is clear and I lost 60 pounds and I have all this energy and I'm accomplishing all these things then they start to get curious about what am I doing differently than they're doing. And to make a corny quote, if I embrace the change that I want to see in the world, I'm more likely to --



**Denise:** Right.

**Dr. Glenn:** Okay. I don't mean to bore you. I just want to make sure that that was --

**Denise:** No, you're not. Not at all, no.

**Dr. Glenn:** Okay. When the pig says, "It's going to take you so long to get where you want to be, so why bother?" what do you think about that?

**Denise:** I'm going to end up being there anyhow. Even if it takes a year, the year is going to come and go whether I want it or not, so I might as well accomplish something.

**Dr. Glenn:** So get on with it.

**Denise:** Right.

**Dr. Glenn:** What else?

**Denise:** You can either live the year peaceful or chaotic.

**Dr. Glenn:** In misery, right? In misery.

**Denise:** In misery, yes.

**Dr. Glenn:** Because the pig is really taking away your enjoyment of life.

**Denise:** Right.

**Dr. Glenn:** You can't be yourself at all when the pig is out of its cage.



**Denise:** No.

**Dr. Glenn:** Am I exaggerating?

**Denise:** No, no, not at all. That's right on point.

**Dr. Glenn:** What about when the pig says, "Just one bite won't hurt"?

**Denise:** That's crazy. Well, because it goes back to your never, always, and any sort of exceptions. Whatever is on that list, the never, always or any sort of exceptions, that's what you've got to stick with.

**Dr. Glenn:** And you can change the plan if you want to. If everything is too strict, you can change it.

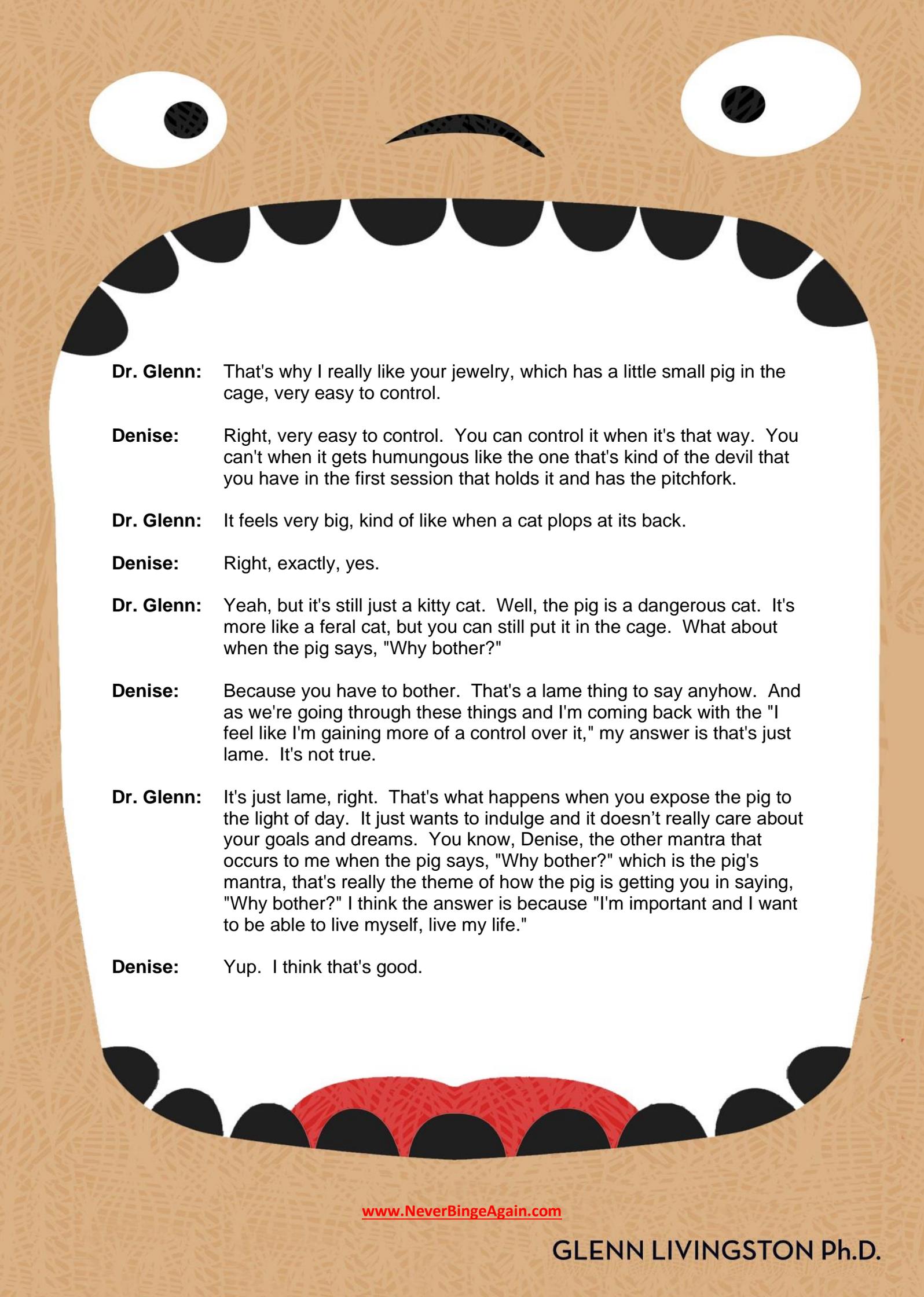
**Denise:** Right. You can change it, but I know the things that are going to keep me on track and I know the things that are going to not keep me on track, and one bite will make all the difference. It feeds the obsession.

**Dr. Glenn:** So it'll feed the obsession and what's the point of defining a target if you're not going to aim for it?

**Denise:** Exactly.

**Dr. Glenn:** One bite could actually be a catastrophe. If you give the pig an inch, it'll take a mile.

**Denise:** Yes, because it could get the pig -- I kind of envision the pig as big or small and it makes it really big and it's not in its cage.



**Dr. Glenn:** That's why I really like your jewelry, which has a little small pig in the cage, very easy to control.

**Denise:** Right, very easy to control. You can control it when it's that way. You can't when it gets humungous like the one that's kind of the devil that you have in the first session that holds it and has the pitchfork.

**Dr. Glenn:** It feels very big, kind of like when a cat plops at its back.

**Denise:** Right, exactly, yes.

**Dr. Glenn:** Yeah, but it's still just a kitty cat. Well, the pig is a dangerous cat. It's more like a feral cat, but you can still put it in the cage. What about when the pig says, "Why bother?"

**Denise:** Because you have to bother. That's a lame thing to say anyhow. And as we're going through these things and I'm coming back with the "I feel like I'm gaining more of a control over it," my answer is that's just lame. It's not true.

**Dr. Glenn:** It's just lame, right. That's what happens when you expose the pig to the light of day. It just wants to indulge and it doesn't really care about your goals and dreams. You know, Denise, the other mantra that occurs to me when the pig says, "Why bother?" which is the pig's mantra, that's really the theme of how the pig is getting you in saying, "Why bother?" I think the answer is because "I'm important and I want to be able to live myself, live my life."

**Denise:** Yup. I think that's good.



**Dr. Glenn:** Okay. Well, how confident do you feel that you're never going to binge again?

**Denise:** 150 percent.

**Dr. Glenn:** Do you?

**Denise:** Yeah, I do. When I start to talk about these things and I reframe them and start to hear how to do that again, it's kind of like I just needed a refresher.

**Dr. Glenn:** Sometimes it's all people need.

**Denise:** Right.

**Dr. Glenn:** Sometimes it's all I need.

**Denise:** Because it's been a loop. I make a joke about it being on a loop, but it's been on a loop and I just needed something in there to break the loop.

**Dr. Glenn:** Well, what do you hear? Is your pig having a knee-jerk reaction to the 150 percent? Do you hear anything in the background?

**Denise:** No, because it's really small and it's back in its cage.

**Dr. Glenn:** Excellent. Okay. Well, is there anything you want to tell me about this or that I forgot to ask you or something you need to share?

**Denise:** No. I think that covered all of it.



**Dr. Glenn:** What would you say to people who are procrastinating about caging their pig after having gone through this exercise?

**Denise:** It will really be okay once you cage your pig. It really will be okay and there's hope. You just have to take that first step.

**Dr. Glenn:** It kind of feels like you're drowning in the mud, but you just have to stand up.

**Denise:** Right, right, right. That's exactly it. You just have to stand up and stand strong and move forward, put one foot in front of the other.

**Dr. Glenn:** Very good. Okay. Well, I'm going to turn off the recording. Perhaps you will come back and follow up with us in a month or so.

**Denise:** Okay.

**Dr. Glenn:** Thanks very much for your time and attention. If you'd like to find out more about the various products and services I offer to fix your food problem fast, please visit [FixYourFoodProblem.com](http://FixYourFoodProblem.com). That's [FixYourFoodProblem.com](http://FixYourFoodProblem.com). [FixYourFoodProblem.com](http://FixYourFoodProblem.com). Thanks.

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