



**Glenn Livingston, Ph.D.
And Nicky
Pig Says Boredom is Intolerable**

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Dr. Glenn: Hey, this is the very good Dr. Glenn Livingston with NeverBingeAgain.com, and I am here with Nicky who has consented to record this session so that you can all benefit from her insights and struggles and observations too, and her experience, strength and wisdom and all those good things. So Nicky, how are you today?

Nicky: I'm great, Glenn. Thank you so much for having me.

Dr. Glenn: Gosh, you're probably the most enthusiastic person that I've talked to all day. Can you catch me up, let me know what your experience has been like with Never Binge Again and what you're still struggling with, what I can help you with.

Nicky: Sure. Okay. I discovered Never Binge Again in December, just a few months ago, shortly after I had undergone gastric bypass surgery. And I was excited to find a program that spoke to me. I really like cognitive



behavioral therapy, and this was really a way that I could get a handle on something that I had never known affected my life in such a way.

So I've been using the Never Binge Again process to help me figure out this new lifestyle, because now, my coping mechanism is literally gone. So it's been a huge growing season for me.

Dr. Glenn: What do you mean?

Nicky: I used to use food as a way to deal with pain or anger or frustration or joy or excitement or nervousness, and now, I physically can't do that. I can do that to a point, by my golf ball sized stomach cannot hold food like it used to. And so when that coping mechanism was voluntarily taken away from me, I chose the surgery, I had to very quickly discover new ways of coping. And the Never Binge Again method has given me a standing ground to start from.

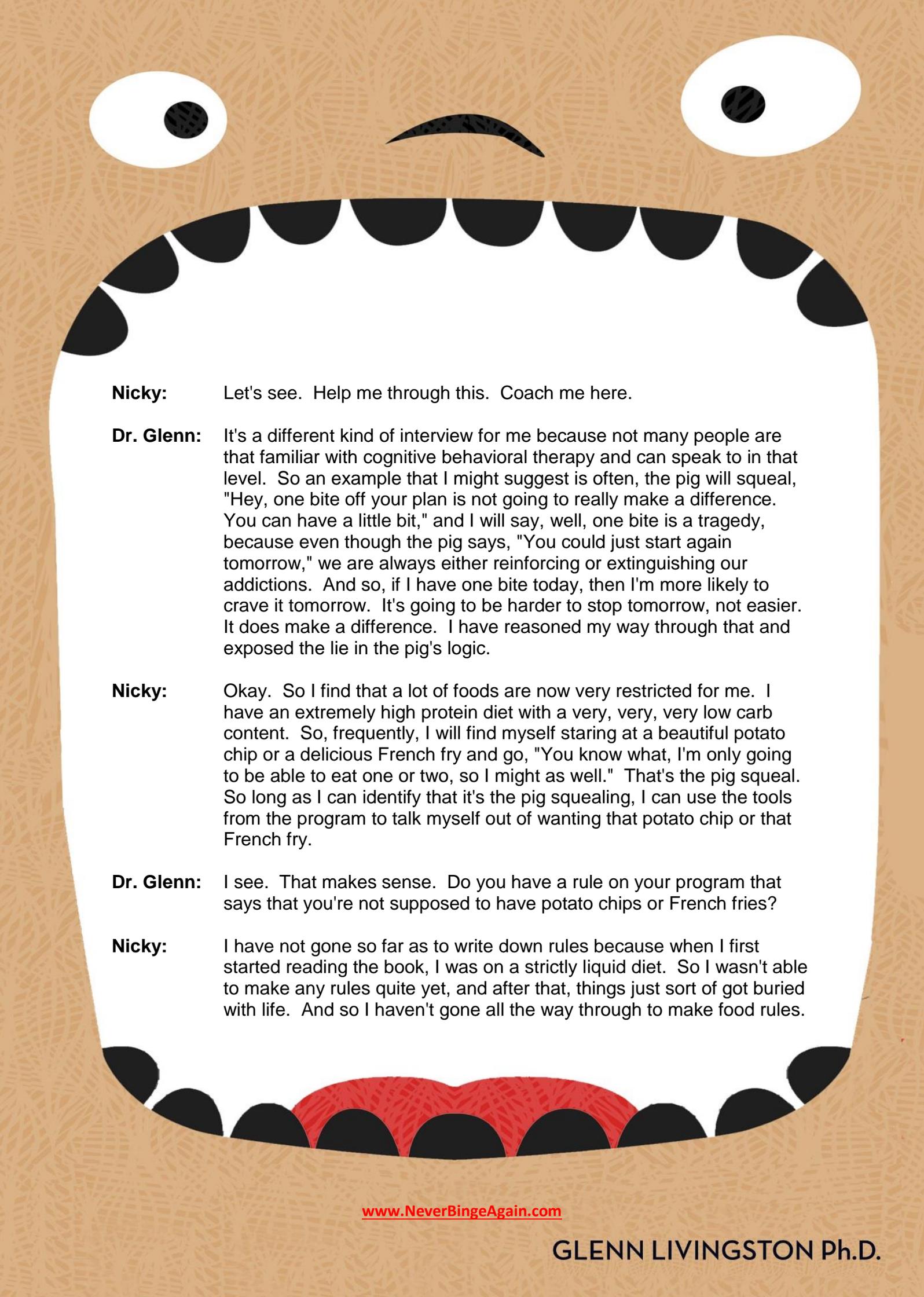
Dr. Glenn: Is that because of the food rules that you create, or is that because -- not everybody knows what cognitive behavioral therapy is. A squeal is really an irrational thought. Cognition is a thought. It's an irrational cognition which we flush out and then expose the lie within so we can ignore it. Are you saying it's more of the cognitive processing part of Never Binge Again that you're relying on?

Nicky: Yes.

Dr. Glenn: Okay, very good. Maybe you could give us some examples.

Nicky: Examples of squeals or examples of how I process, or --

Dr. Glenn: Well, both,



Nicky: Let's see. Help me through this. Coach me here.

Dr. Glenn: It's a different kind of interview for me because not many people are that familiar with cognitive behavioral therapy and can speak to in that level. So an example that I might suggest is often, the pig will squeal, "Hey, one bite off your plan is not going to really make a difference. You can have a little bit," and I will say, well, one bite is a tragedy, because even though the pig says, "You could just start again tomorrow," we are always either reinforcing or extinguishing our addictions. And so, if I have one bite today, then I'm more likely to crave it tomorrow. It's going to be harder to stop tomorrow, not easier. It does make a difference. I have reasoned my way through that and exposed the lie in the pig's logic.

Nicky: Okay. So I find that a lot of foods are now very restricted for me. I have an extremely high protein diet with a very, very, very low carb content. So, frequently, I will find myself staring at a beautiful potato chip or a delicious French fry and go, "You know what, I'm only going to be able to eat one or two, so I might as well." That's the pig squeal. So long as I can identify that it's the pig squealing, I can use the tools from the program to talk myself out of wanting that potato chip or that French fry.

Dr. Glenn: I see. That makes sense. Do you have a rule on your program that says that you're not supposed to have potato chips or French fries?

Nicky: I have not gone so far as to write down rules because when I first started reading the book, I was on a strictly liquid diet. So I wasn't able to make any rules quite yet, and after that, things just sort of got buried with life. And so I haven't gone all the way through to make food rules.



Dr. Glenn: Why don't we do that right now? I don't want to leave you on an ambiguous state and let your pig run rampant. So you're interested in eating low carbohydrate. Is that like a zero carb thing, is it a Paleo diet? What are you trying to do?

Nicky: It's probably most similar to Keto, but it is based on macronutrients, percentages.

Dr. Glenn: That's a little hard for me sometimes because I eat the opposite. I just want to help people do that when they want to. So how do you normally get in trouble with that? Where do you break the rules?

Nicky: I don't get enough protein. I am encouraged to get 60 to 80 grams of protein a day, and that's really difficult 'cause that's a lot of food for me.

Dr. Glenn: So what would be reasonable that you feel like you could work with?

Nicky: Honestly, I really shouldn't be anything less than 60.

Dr. Glenn: So we might say something like -- and I'm just brainstorming, I'm not telling you you have to do this. So I will never eat less than 60 grams of protein per calendar day.

Nicky: Yes.

Dr. Glenn: Now, how could you get less than 60 grams of protein per calendar day? What kind of a day would result in not having that?

Nicky: If I chose not to eat my protein first, and you know, decided to eat the side vegetables or the whole grain carbs that I am allowed to have.



Dr. Glenn: So would it make sense to always eat protein first at every meal?

Nicky: Yes.

Dr. Glenn: So if you had those two rules; that I'll never eat less than 60 grams of protein per calendar day and I'll always eat the protein first at every meal, how could you get in trouble, assuming you did those things?

Nicky: If I did those two things, I would be set.

Dr. Glenn: Is that true?

Nicky: Yeah.

Dr. Glenn: If you close your eyes for a second and visualize yourself one year from now and all you did was follow those two rules, 60 grams of protein per calendar day and you always ate the protein first at every meal, what do you see? What's different in your life?

Nicky: I am thinner. My blood work comes back strong, because there's a lot of blood work that goes along with gastric bypass, to make sure that all the nutrients are healing your body. I would still have muscles.

Dr. Glenn: So you'd develop lower body fat percentage, or --

Nicky: Yes. That's a good one. I would develop a better body fat percentage.

Dr. Glenn: Without muscle wasting, is that what you're saying?

Nicky: Yes, yup.



Dr. Glenn: Okay. No muscle wasting. Because if you don't get enough nutrition, you could get muscle wasting.

Nicky: Yes.

Dr. Glenn: Lower body fat, no muscle wasting. What else would happen in a year? How much thinner would you be?

Nicky: I have no idea.

Dr. Glenn: Just take a guess.

Nicky: It could be considerably significant; 150 pounds lighter.

Dr. Glenn: Wow!

Nicky: Yeah. I'm already to 75, so --

Dr. Glenn: Oh, okay. So you'd be 75 pounds lighter than you are now?

Nicky: Yes.

Dr. Glenn: Okay. That's more realistic. Okay. And why would that be good? What would be important about being 75 pounds lighter?

Nicky: It would improve overall health. I would be able to easily shop in normal sized clothing stores.

Dr. Glenn: What aspects of your health would improve? One of the things that the pig does to prevent us from doing what we need to do is it keeps our



future very vague. It doesn't want to see the positive future 'cause if we really see it, then the pig slop starts to seem much less appealing.

Nicky: Right. This is part of the big why, isn't it?

Dr. Glenn: Yup.

Nicky: All right. I would have an improve relationship with food. It would mean that I wouldn't think about the next meal and I wouldn't be concerned about when is it going to happen next.

Dr. Glenn: So your food obsession would be gone, not be thinking about food all the time, you'd be free of that.

Nicky: Yes.

Dr. Glenn: And why is that good? Why is that important? What would you do with that energy? You're doing absolutely terrific, by the way.

Nicky: Thank you. These are questions I've not asked myself before.

Dr. Glenn: That's my job.

Nicky: Yeah. Will you ask it again?

Dr. Glenn: What would you do with all the free mental energy that you used to put into obsessing about food?

Nicky: I am excited by that prospect. I have no idea.



Dr. Glenn: Let me rephrase it. What might you do? You don't have to be correct. Just speculate. What might you do? What occurs to you?

Nicky: I'm a Reiki practitioner, and there's a lot of self-development that goes into that that I would love to have more time and willingness to commit to. So if I were to free up that obsessive thought process, I could obsess about self-care.

Dr. Glenn: I have talked to people who do Reiki before and they tell me that when they get rid of the food obsession, that they feel a more free flow of energy. Reiki is the weirdest thing that seems to work that I don't understand, by the way. I actually sometimes go for that. It boggles my scientific brain, but it seems to work.

Nicky: Absolutely, yeah.

Dr. Glenn: I love you guys. What else is good about being 75 pounds thinner and shopping for normal clothes? Are there any kinds of clothes you want to wear that you haven't been wearing? Is there something in your closet?

Nicky: No, not specifically. I do have a shirt that I wore -- oh, it must have been almost 10 years ago, that is sort of acting as a goal shirt. So a year from now, I will have grown out of, shrunk out of my goal shirt.

Dr. Glenn: Okay. Tell me about that shirt.

Nicky: It is a button up blouse that is sort of in the tan color range and it's got a cute little belted part around it. It shows up in a picture of me and my son when he was under a year old and we had taken a train out to a city in France -- because we were living in Germany at the time.



So we had lunch with some friends in France and just walking around the city, and somebody had snapped a picture of me and I looked happy and I looked fit. And I want to look happy and fit again.

Dr. Glenn: Fabulous. You would shrink into the goal shirt.

Nicky: I would shrink out of the goal shirt.

Dr. Glenn: Or you'd be beyond that. It would actually be too big for you. Okay.

Nicky: Yes.

Dr. Glenn: Very good. What happens if you don't do this? What happens if you don't institute these rules and you keep having less than 60 grams of protein and you go for the potato chips and French fries?

Nicky: I begin to lose my hair. I experience muscle wasting. I begin regaining the weight that I lost and will probably suffer some significant depression.

Dr. Glenn: Yeah, it sounds awful. So are you still liking these two rules; at least 60 grams of protein a day and eat the protein first?

Nicky: Yes.

Dr. Glenn: Is it believable to you that these things will happen if you do or don't do this?

Nicky: Yes. But the pig is squealing.



Dr. Glenn: Good. Let's give it a chance. So what does the pig say?

Nicky: "But I'm going to get bored. If I eat just my protein first, I'm going to get bored."

Dr. Glenn: Mm-hmm. What else? I'm writing these down so we can get back to it.

Nicky: That's the main one right now 'cause I like to have variety when I'm eating, so I like texture, I like flavor change, and so that's where the pig is going with that one.

Dr. Glenn: Well, is there anything about these rules that say that you can't have something other than protein once you've had your protein?

Nicky: No.

Dr. Glenn: What else does the pig say?

Nicky: Let's see.

Dr. Glenn: What do you hear? You don't have to think about it, you just need to listen for what the pig says.

Nicky: Yeah. I just realized that.

Dr. Glenn: I want to write them all down. See, I wanted to drain the pig of all of its ideas before we try to attack them. I want the pig to have less energy when we go to attack.



Nicky: If I eat 60 grams of protein a day, I'm going to have to supplement with some sort of protein shake or non-whole food something to get to the 60 grams.

Dr. Glenn: So it's going to require that you eat something non-whole foods.

Nicky: And honestly, the big one is the boredom, the mouth boredom.

Dr. Glenn: Okay. We're going to go back to the boredom in a minute, but we're going to have to supplement with non-whole foods. But what's the rest of that squeal? Therefore you should not eat 60 grams of protein because -- is it because the non-whole foods are not good of you? It's because of the never philosophy?

Nicky: Because the whole foods are meant to fuel our body more completely than supplements. It is a very weak squeal.

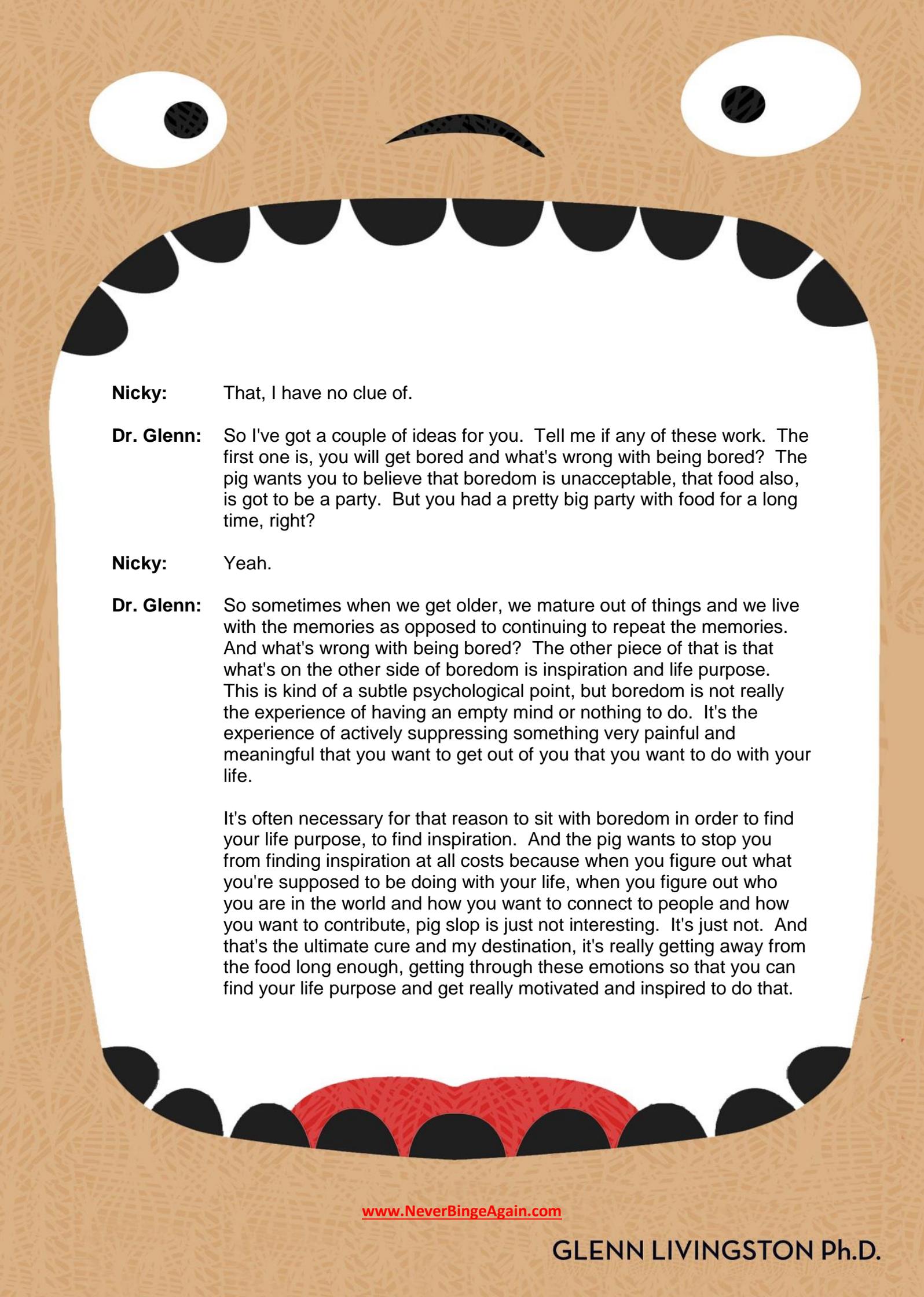
Dr. Glenn: Okay. I believe you. I'm of the same philosophy. I understand that. Is there any way to do it without supplementing?

Nicky: Eating more often, which is not recommended by my doctor or nutritionist.

Dr. Glenn: On balance, is it better to make the tradeoff of having some non-whole food supplements so that you can follow these two rules and accomplish the results you're talking about?

Nicky: Yes.

Dr. Glenn: Okay. So that's the answer to that one. Where is the lie in the idea that you're going to get bored if you eat the protein first?



Nicky: That, I have no clue of.

Dr. Glenn: So I've got a couple of ideas for you. Tell me if any of these work. The first one is, you will get bored and what's wrong with being bored? The pig wants you to believe that boredom is unacceptable, that food also, is got to be a party. But you had a pretty big party with food for a long time, right?

Nicky: Yeah.

Dr. Glenn: So sometimes when we get older, we mature out of things and we live with the memories as opposed to continuing to repeat the memories. And what's wrong with being bored? The other piece of that is that what's on the other side of boredom is inspiration and life purpose. This is kind of a subtle psychological point, but boredom is not really the experience of having an empty mind or nothing to do. It's the experience of actively suppressing something very painful and meaningful that you want to get out of you that you want to do with your life.

It's often necessary for that reason to sit with boredom in order to find your life purpose, to find inspiration. And the pig wants to stop you from finding inspiration at all costs because when you figure out what you're supposed to be doing with your life, when you figure out who you are in the world and how you want to connect to people and how you want to contribute, pig slop is just not interesting. It's just not. And that's the ultimate cure and my destination, it's really getting away from the food long enough, getting through these emotions so that you can find your life purpose and get really motivated and inspired to do that.



So it's not just what's wrong with boredom, but boredom is necessary to get where I want to go in my life. Does that help you at all?

Nicky: It does. And I actually just had a thought as well. That space of boredom would give me an opportunity to eat mindfully.

Dr. Glenn: Yeah. That's what Never Binge Again rules actually do. Some people say that we are adverse to intuitive eating and mindful eating, but we're really not. It's just that the order of operations is different. We define the rules of the road so you don't have to worry about getting to a car accident, so that then you can drive mindfully. We focus on the rules of the road first whereas the mindful people say, "Well, focus on mindfulness first and you won't have to worry about the rules." I don't find that to be the case with binge eaters. So if you focus on these two simple rules, then you're creating the space where it's safe to be mindful. You can develop that for yourself.

Nicky: Yeah.

Dr. Glenn: How confident do you feel that you're never going to binge again? That you're actually going to get to one year and experience these benefits?

Nicky: The pig says it's never going to happen 'cause I've never been successful before.

Dr. Glenn: What else? Is there anything else that your pig is saying that's sabotaging your confidence?

Nicky: No. That's the only one.



Dr. Glenn: So you're never going to get there because you've never done it before.

Nicky: Right.

Dr. Glenn: Is there anything else that you've taken sometime to learn in your life, something significant? Maybe a hobby or something in school or --

Nicky: Reiki, and I'm also a knitter.

Dr. Glenn: Oh, so tell me about that. What was it like to learn Reiki?

Nicky: So I showed up at a friend's house one evening and she said, "I'm going to Reiki attune you." And I said, "What?" I had never heard of this Reiki thing before. So we went through the coursework and it took several hours, and then I began some practical experiences as well. And that night, I went home and I could physically feel a shift in my body. There was energy coursing through me that I had never experienced before. And in the days following, I had thirst and issues in the bathroom, and it was really incredible because there was this physical experience of an energetic transition. And after that, I continued to practice Reiki on myself and my family.

And then maybe four years later, I felt a calling to get more education, so I leveled up in my Reiki. And about six or eight months after that, I sort of put it out in the universe that it was time to share this Reiki publicly, and I began my own business and then I said that I wanted to be able to work with oncology patients and prenatal patients. Within weeks of, again, putting that out into the universe, I got connected with a doula, who is a birth worker, and the local regional cancer center, I



was connected with. And so, again, within weeks of committing to that idea, I was working with the people that I wanted to work with.

Dr. Glenn: It was a journey.

Nicky: It was a journey.

Dr. Glenn: Something you hadn't done for a while, it took you a couple years to marshal the energy, you got motivated, you focused your energy and then you changed yourself into someone that you hadn't been before, doing things that you had only dreamed of before.

Nicky: Yes. I like that. Yeah.

Dr. Glenn: So is it true that you're never going to do this because you've never done it before?

Nicky: No.

Dr. Glenn: Is there any significant accomplishment that anybody could make ever if they believe that they could never do it because they haven't done it before?

Nicky: Absolutely not.

Dr. Glenn: And therefore?

Nicky: It's a lie, the pig squeal.

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



Nicky: Why can't I just say the number? The number won't come out of my mouth.

Dr. Glenn: Your pig has you by the throat, that's why.

Nicky: Yeah.

Dr. Glenn: What number would you say if you could say a number?

Nicky: 85.

Dr. Glenn: And the other 15 percent?

Nicky: Is a buffer to keep me safe from being wrong.

Dr. Glenn: To keep you safe or keep the pig safe?

Nicky: Uh-huh.

Dr. Glenn: See, if you want to give the pig that buffer, it will be really happy with maybe a 5 percent chance because that means it's just going to try seven times and it gets to binge.

Nicky: Yes.

Dr. Glenn: So what we do is we commit with perfection, but we forgive ourselves with dignity. When you think about a little girl who wants to ride a bike up to the top of a hill, you want to help her to visualize herself victorious at the top so she doesn't have to think about. "What if I don't make it? I'm not going to be good enough. I'm going to be miserable. I don't want to beat myself up if I don't make it, so I'm not going to want that at



all. I'm not going to really give all my energy to that because what if I don't make it?" As opposed to saying, "Look, you're going to make it. I know you're going to make it. We'll get you enough food, we'll get you enough water. We'll give you a running start. You're going to make it." And then if that little girl doesn't make it, you say, "Okay, well, what happened?" You give her dignity.

When you allow the insecurities to creep in, that 15 percent insecurity, even though it's true, there's a possibility that you might not make it, right? But if you allow that to creep into your thought process as you're committing to the goal, then it's going to wear you down. All that doubt and security is going to wear you down. It doesn't make you safe. It makes it less likely to be able to reach the goal. Because you're willing to forgive yourself if you make a mistake and you don't have to let your pig know that, you can present it to the pig, if this is set in stone, it's going to happen, then there's nothing to be afraid of. Does that make sense?

Nicky: It does.

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

Nicky: I almost done it. Okay, now I'm 99 percent sure.

Dr. Glenn: Yeah. See, it's a leap of faith. You'll never get to a hundred percent if you're waiting to feel a hundred percent sure. When I first asked a girl out, I was sitting there and staring at the telephone and my dad saw me sitting and staring at the telephone and he came and he said, "What are you doing?" And I said, "Well, there's this girl, I really want to go out with her," and he says, "Well, why don't you call her?" I said,



"Well, I'm too scared." And he said, "Well, if you wait until you're not scared, you'll never going to do it."

So we take this leap of faith. We understand it intellectually and we say that we're a hundred percent confident that we're never going to binge again even if the pig has other ideas. Makes sense?

Nicky: It makes sense.

Dr. Glenn: You want to try it?

Nicky: I am 100 percent confident that I will never binge again.

Dr. Glenn: There you go. And what do you hear?

Nicky: Applause.

Dr. Glenn: Good. Okay. Now you got it.

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