

## Glenn Livingston, Ph.D. and Jessica: Finding Freedom from Food Obsession

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**Dr. Glenn:** Well, hey, this is the very good Dr. Glenn Livingston with NeverBingeAgain.com, and I'm here with a kind woman named Jessica who's agreed to let me record her coaching session so everyone can benefit from it. Jessica, how are you today?

**Jessica:** I'm fine. Thank you, Glenn. Thank you for this opportunity. I really like it.

**Dr. Glenn:** Oh, good. I've been looking forward to it also. You're in Italy, yes?

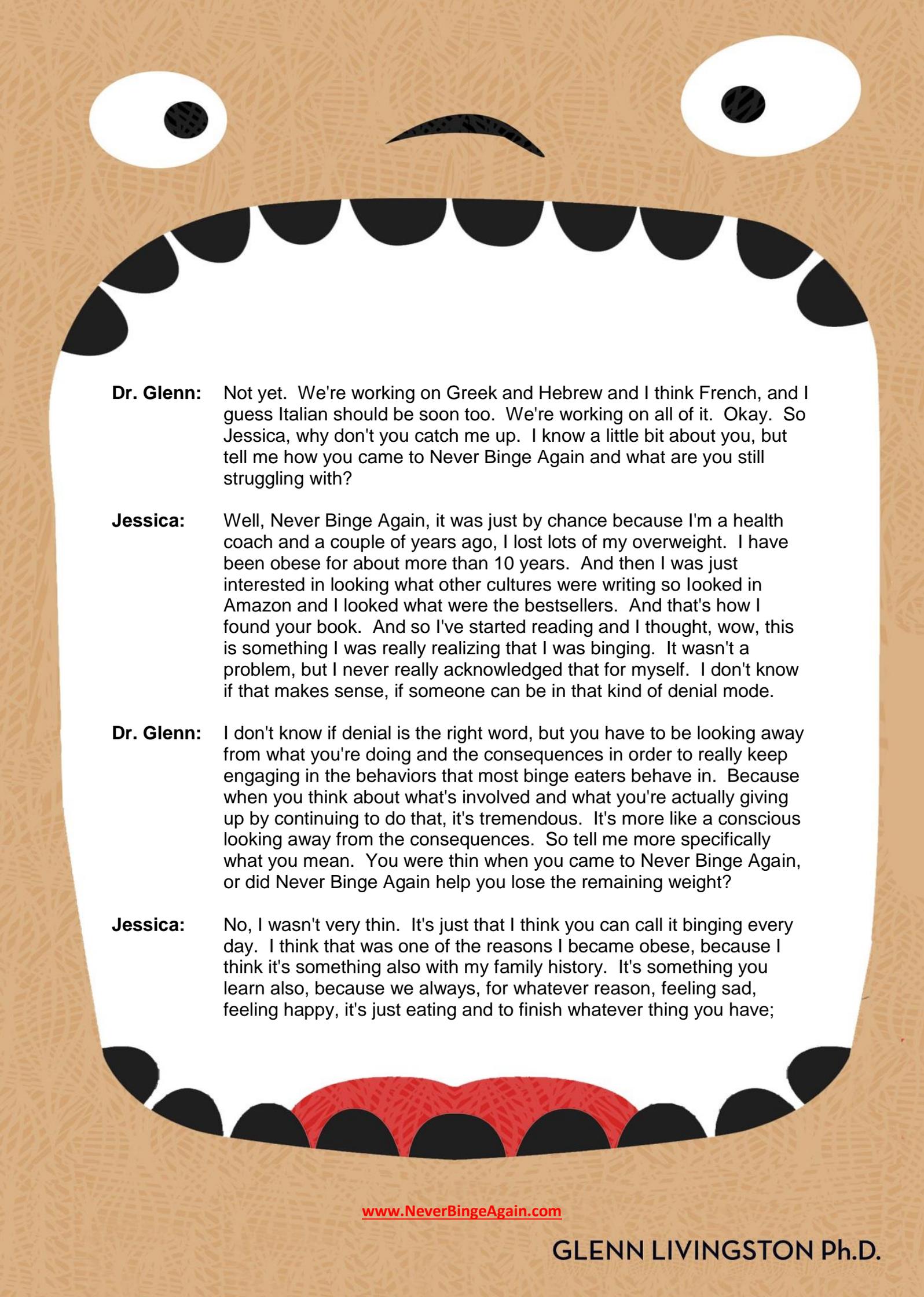
**Jessica:** Yes, I live in Italy.

**Dr. Glenn:** I think this might be the first sample call I've done with anybody in Italy. You could represent your whole country.

**Jessica:** I think you should translate your book in Italian; is it?

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GLENN LIVINGSTON Ph.D.



**Dr. Glenn:** Not yet. We're working on Greek and Hebrew and I think French, and I guess Italian should be soon too. We're working on all of it. Okay. So Jessica, why don't you catch me up. I know a little bit about you, but tell me how you came to Never Binge Again and what are you still struggling with?

**Jessica:** Well, Never Binge Again, it was just by chance because I'm a health coach and a couple of years ago, I lost lots of my overweight. I have been obese for about more than 10 years. And then I was just interested in looking what other cultures were writing so looked in Amazon and I looked what were the bestsellers. And that's how I found your book. And so I've started reading and I thought, wow, this is something I was really realizing that I was bingeing. It wasn't a problem, but I never really acknowledged that for myself. I don't know if that makes sense, if someone can be in that kind of denial mode.

**Dr. Glenn:** I don't know if denial is the right word, but you have to be looking away from what you're doing and the consequences in order to really keep engaging in the behaviors that most binge eaters behave in. Because when you think about what's involved and what you're actually giving up by continuing to do that, it's tremendous. It's more like a conscious looking away from the consequences. So tell me more specifically what you mean. You were thin when you came to Never Binge Again, or did Never Binge Again help you lose the remaining weight?

**Jessica:** No, I wasn't very thin. It's just that I think you can call it bingeing every day. I think that was one of the reasons I became obese, because I think it's something also with my family history. It's something you learn also, because we always, for whatever reason, feeling sad, feeling happy, it's just eating and to finish whatever thing you have;



never leaving something for the day after. Weight has always been a problem for my family, and so it was always a kind of forbidden thing to take something you like, just something not very healthy. And so, there's always the kind of urge to finish it as quickly as possible, as if that would help not to have temptation anymore. Then usually, I think this excuse you have hurts, many, many times I had also like, okay, I buy something, if I get busy, so for some occasion, and it stays there, and then sooner or later you open it and you finish the box or whatever it is.

I lost weight focusing on just healthy eating. I didn't set any rule for me for counting calories or portion control, but somehow I stick to three meals a day, and I wasn't eating outside meals, and that helped me to lose about 40 kilos. I think it's 90 libra, something like that. Only thing is, I have still this kind of when I'm feeling sad or stressed, I tend to eat and eat a lot.

**Dr. Glenn:** Don't gain weight.

**Jessica:** No because it's way less than it was in the past. In the past it was like, everyday, now, it might be a few times a month, something like that. So it's not putting up weight anymore, but it's just something I don't like for myself and also because I'm helping a lot of people to lose weight. It's something, I think that I should win it for myself, that I can help others.

**Dr. Glenn:** You'd like to stop overeating when you feel sad or stressed.

**Jessica:** Yes. Well, I like eating. And I think it's something psychological. It gives a kind of comfort with just in that moment.



**Dr. Glenn:** I see. Well, what is the food plan that you want to follow? How are you defining healthy eating versus overeating?

**Jessica:** Well, my food plan is basically three meals a day, mostly no snacks because that cuts down the times I have to think about eating. And the three meals a day, the only rule is it's 50 percent vegetables, excluding the potatoes, 50 percent else, whatever I want.

**Dr. Glenn:** Okay. And you can have as much as you want to?

**Jessica:** Yes.

**Dr. Glenn:** And you said mostly no snacks; what does that mean?

**Jessica:** Well, I have seen that my weak spot is when I eat snacks, because if I eat a meal, I get heavy and even if after I ate something sweet or -- I like chocolate or a dessert, I won't eat that much. But it's easy for me to start binging if I just eat something because I'm stressed out or nervous. So then you're thinking, or I'm thinking, oh, it's snack time, let's bake something and it becomes quickly something more. So quitting the snacks.

**Dr. Glenn:** So do you want to have three meals a day with nothing in between and no snacks, or do you want to allow a snack once in a while? I'm trying to eliminate the ambiguity.

**Jessica:** That's exactly where I need some help because most snacks usually work fine. Of course, there are some social events or moments that it would be normal to have some snack and with tea or coffee without sugar is not always appropriate.



**Dr. Glenn:** So no snacks unless at a social event?

**Jessica:** Yeah, maybe. It's a little bit better.

**Dr. Glenn:** How would you define that?

**Jessica:** That's what I'm thinking about.

**Dr. Glenn:** What constitutes a social event?

**Jessica:** Well, that can be if I can have guests. I live in Italy, but I'm Dutch nationality. So often, I have family coming here just to visit me, or sometimes going out with friends.

**Dr. Glenn:** How about this -- I'm just brainstorming. What if you had a snack no more than once a week or twice a week when you were out with guests?

**Jessica:** That might be similar to my drinking rule because I have a rule for myself to drink never alone. That would fit in similar to that.

**Dr. Glenn:** So three meals a day with nothing in between with the exception of a snack when you have company but no more than how many times a week?

**Jessica:** I think two will be more than enough.

**Dr. Glenn:** Three meals a day with nothing in between with the exception of a snack when you have company, but no more than twice per calendar week.



**Jessica:** Yes. I think that that's the most simple rule I can make now for myself.

**Dr. Glenn:** Okay.

**Jessica:** I like it simple. If I have too complicated rules, it never functions.

**Dr. Glenn:** I'm going to say it one more time. Three meals a day with nothing in between except for a snack twice a week with company.

**Jessica:** Okay, yes.

**Dr. Glenn:** Does that feel safe? Does that feel like it's enough for you, not too much?

**Jessica:** Yeah, I think that that would work. If not, I will come back and will say, "Glenn, it doesn't work." And I can find something to define better my rules.

**Dr. Glenn:** Okay. How do you define overeating? Like, how do you define a meal?

**Jessica:** I love to cook. They are always 50 percent of vegetables and fruit. And that's so much that whatever else I eat, I have no idea how many calories there are. I eat once a day, pasta, as Italians usually do. So that can be a plate of pasta with vegetables. If I like it, I take also a second part.

**Dr. Glenn:** Here's my question, how do you know when you've overeaten or not? If you followed these rules; three meals a day with no snacks except when you have company but no more than twice a week, every meal is



50 percent vegetables; if you do that, is it possible for you to overeat when you get sad or stressed, if you don't break those rules?

**Jessica:** No because my overeating usually is with binging, like, outside of meals, emptying a bag of cookies or candies or chocolate or something like that. That's my overeating. Then I can go eat really, really much.

**Dr. Glenn:** So if you followed these rules, problem solved. Is that what you're saying?

**Jessica:** Yes.

**Dr. Glenn:** Okay. You sure?

**Jessica:** I'm sure.

**Dr. Glenn:** Okay. Three meals a day without snacks unless you have company, but no more than twice a week, and every meal is 50 percent vegetables.

**Jessica:** Yes. Because for me, a meal is including also whatever I'm drinking. I don't drink calories outside the meals.

**Dr. Glenn:** Okay. Then it's just a matter of figuring out how do we stick to that no matter how sad or stressed that we get. So let's talk about why. Let's talk about if you could stick to this. I know the pig says that you can't, but if you could stick to it, what's life like in one year? What's better? What's different. You spent a whole year sticking to these rules a hundred percent.



**Jessica:** It means I don't have this kind of weakness to binge anymore. I would like to be able to just eat one candy, one piece of chocolate without having the temptation, knowing that if I have something in house, that I will, sooner or later, finish everything I have in the house.

**Dr. Glenn:** Could you do that if you follow these rules?

**Jessica:** Yes.

**Dr. Glenn:** Okay. So you'd have the ability to have one piece of candy or a piece of chocolate and you wouldn't feel predisposed to binge when that happened. You'd feel in control of your impulses.

**Jessica:** Well, that's what I want to achieve because now, what I'm doing is trying to avoid to have things in house. I don't like to have everything at the house. I have still three kids living with me, so they like to have something to eat also.

**Dr. Glenn:** Well, we're assuming that this already happened. So now, it's a year from now and that's what's happening. So your pig was just telling you this couldn't possibly happen, so we're going to put that aside and give it a chance later. Why is that important; if you can have one piece of chocolate without bingeing, you don't feel a weakness to binge. Why is that important? What does that do for you?

**Jessica:** Because that's the last part that is missing for me to have what I call a normal relationship with food, to be able to just enjoy it and not feeling any guilt or problems or whatever with food.

**Dr. Glenn:** So you could enjoy your food without guilt.



**Jessica:** Yes, that I don't have to be afraid that I will get binging or something.

**Dr. Glenn:** Yeah. We want to try to state it in the positive. The pig tries to focus us on the negative. I'm translating that to enjoying the food completely guilt free.

**Jessica:** Yes. I would like if I would go to groceries and I see something that have some nice offer, that I can just buy it, I don't have to worry that I can eat it when I want, when it's the right moment.

**Dr. Glenn:** So you could buy anything at the store.

**Jessica:** Yes, anything at the store and saying, okay, I keep it; when I have some social events, they'll be just nice.

**Dr. Glenn:** So you'd have shopping freedom, complete shopping freedom.

**Jessica:** Yes.

**Dr. Glenn:** Or food shopping freedom.

**Jessica:** Yes, food shopping freedom.

**Dr. Glenn:** Okay. What else would be different in a year? I know you're already thin, so it's not about weight loss. If you are enjoying your food guilt free and you've got complete food shopping freedom, what else is better?

**Jessica:** Oh, I found some other way to deal with stress.



**Dr. Glenn:** Just out of your imagination, what way is that? So assume it already happened, you had to find another way, what is it?

**Jessica:** Well, something that always helps me with stress is just doing some exercise or moving, take the dog out for a walk, something like that. That might help.

**Dr. Glenn:** So more exercise, more dog walking. What's your dog's name?

**Jessica:** Loki.

**Dr. Glenn:** Loki. What kind of dog is it?

**Jessica:** It's a mix. It's something between a black Labrador and a Bernese. It's huge and black.

**Dr. Glenn:** Okay. I bet Loki is very happy you're having this conversation.

**Jessica:** Oh, he loves to go outside.

**Dr. Glenn:** So he's rooting for you. So you get outside more, you could walk with the dog, you get some exercise, you'd be enjoying your food guilt free. You'd have complete food shopping freedom. What else would be better?

**Jessica:** I think that's it.

**Dr. Glenn:** Do you really believe this that if you did have three meals a day with nothing in between except for a snack with company up to twice a week, and half your meals were vegetables all the time, all the time, all the time. Do you really believe that you could then enjoy your food



guilt free and have food shopping freedom and exercise more and walk more with the dog? Do you believe that would happen?

**Jessica:** Yes. The only thing is I have to convince myself to do it not more than twice a week.

**Dr. Glenn:** You have to convince yourself to do it not more than twice a week?

**Jessica:** Yes.

**Dr. Glenn:** Are you convinced or aren't you?

**Jessica:** I have to convince myself. If I do it in a year, yes, then I will be convinced. It will be a habit.

**Dr. Glenn:** Well, we just went through a whole discussion to figure out what the right amount of time was. Do you think that's the wrong amount of time? You need to do it three times a week?

**Jessica:** No. I think two times is enough because that makes it still something exceptional. I know I don't need a snack everyday and I don't have a social event everyday and I won't call it snack, it's just some social eating, make it something special.

**Dr. Glenn:** So who is now convinced; you or your pig?

**Jessica:** My pig, of course.

**Dr. Glenn:** There you go. Now we know what's going on. Okay. We're going to give your pig a chance in a minute. What I want to know is what happens if you don't do this? What happens if you keep snacking and



overeating when you're sad and stressed? What's life going to be like in a year then?

**Jessica:** Then I will put on some weight again.

**Dr. Glenn:** How much weight would you put on?

**Jessica:** I think about 10 kilos or something like that. Not as much as I lost, but I know I would put on something because it's already happened before.

**Dr. Glenn:** Okay. So you'll put on 10 kilos. What implication would that have?

**Jessica:** I don't fit anymore in my clothes and I won't like it. Well, I'm fine with myself to be not anymore obese, to have lost all those kilos. And if I put on even some of the weight again, I will lose it, being proud of myself. And I like to continue to be proud of myself, that I win this battle with my overweight.

**Dr. Glenn:** Okay. So you wouldn't be as proud of yourself. Would you be able to enjoy your food the same way if you kept snacking and overeating when you feel sad and stressed?

**Jessica:** No. Probably, I will feel guilty, and probably, if I keep snacking, then I will be tempted to reduce meals, and if I reduce meals, I will be tempted to snack more.

**Dr. Glenn:** You'll get into the binge and starve cycle.

**Jessica:** Yes. And I never want to get back to that anymore.



**Dr. Glenn:** Yeah. Very good. And what about Loki? What would happen to Loki if you kept eating when you're sad and stressed? Would you get out as much with him?

**Jessica:** Maybe I will get out with him, but there's a kind of feeling of guilt, oh, I have to get out because I have eaten too much. And then it's no something to manage my stress, but it would be something to manage my overeating. And what for me is really important, I have a long history with bad relationships with foods, thinking all days of food about what to eat, what not to eat, how many calories was everything I was eating. I had to unlearn that for myself to enjoy food again. I just want to enjoy food. I don't want to count calories. I don't want to count how much I'm exercising or how much I'm burning. I just want to enjoy eating and enjoying going out with Loki and not as a kind of punishment for bingeing.

**Dr. Glenn:** Okay. And I'm sorry to have done that to you. I need to show people what their future path will be because a lot of times, the pig says it's just going to stay the same if you keep doing it, but the truth is, it gets worse. So how about we give your pig a chance? Are you open to that?

**Jessica:** I don't know how to do this, but okay.

**Dr. Glenn:** Well, I want to hear all the reasons that your pig says that we can't, shouldn't or won't do this; why you won't be able to comply with these rules. What does your pig say?

**Jessica:** Well, the pig can say, "I need something to eat because I went out with Loki and so I deserve it, and otherwise I will be getting weak, or something like that, or I might do groceries. I totally love the kind of



liquids, candy bags and just saying, oh, just buy things of that and then just open it and open all because I like that, how it feels when you watch food, food, food; the comfort you are spilling in just that moment. I would say, "Oh, you lost weight before so you can do it again." That's a tricky one. That's something, "Oh you did lose it before anyway, so don't worry, you will lose it again. You can do it anytime you want." But that's not my most important thing. My most important thing is to get out of the cycle of being obsessed with food or no food.

**Dr. Glenn:** What else? I'm writing these all down so we can get back to them.

**Jessica:** This moment, my pig is silent.

**Dr. Glenn:** Okay. Well, let's talk about these things then. Jump back up into your higher self and help me find the lies in what your pig is saying. So when your pig says that you need something to eat after going out with Loki because you exercised and you deserve it and you're going to be weak if you don't, where is the lie in that?

**Jessica:** It's not true. I have been fasting not for diet but for religious motives, and I know perfectly, well, you can do exercise without needing to eat something immediately.

**Dr. Glenn:** Okay. Very good.

**Jessica:** I won't starve or whatever, all those excuses, "Oh, eat something. You need proteins. You need carbohydrates." I know it's not true. The human body is made, it can be perfectly sometime without food. And eating three times a day is not going to happen anything.

**Dr. Glenn:** Because you're eating plenty, right?



**Jessica:** Yes.

**Dr. Glenn:** You know enough about nutrition that you're being nutritionally complete.

**Jessica:** Yes.

**Dr. Glenn:** Okay. Where is the lie in the idea that you should just go buy some candy at the grocery store and eat it right away for the comfort. Where is the lie in that?

**Jessica:** Especially, it's when I bought where they have the candies I had in The Netherlands or I know I cannot buy here. Then my pig says, "Oh, eat it because now you can get it and otherwise, you can't get it anymore."

**Dr. Glenn:** It's special.

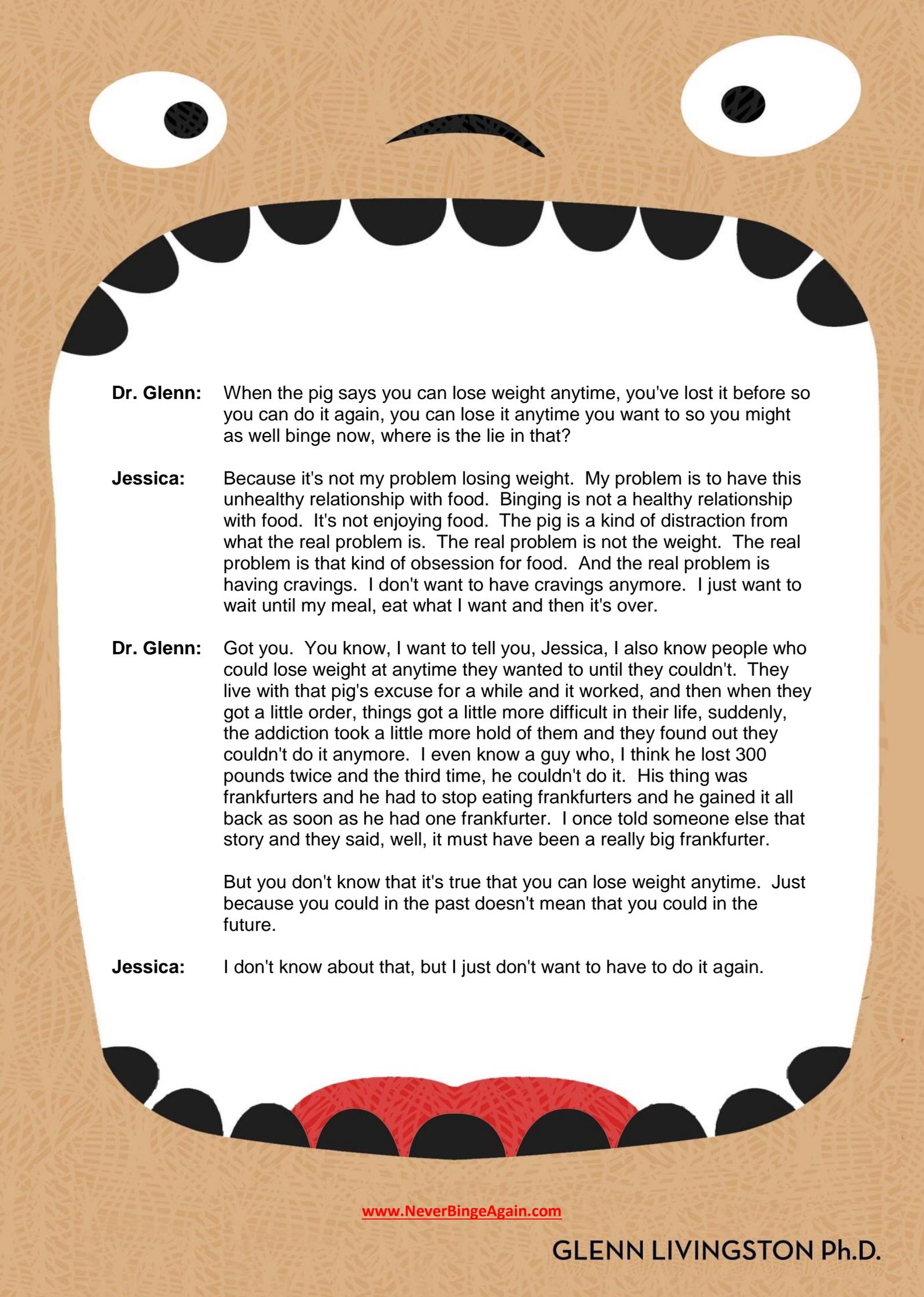
**Jessica:** Yes.

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

**Jessica:** It's not true I can't get it anymore. I can just eat it in a social moment, and I know I will be back in The Netherlands sooner or later. So it's not a big deal. It's not the very last time that I will be able to eat candies. I don't have this need to eat at that moment. It can be later. It might be two months later, a year.

**Dr. Glenn:** During one of your allowed snacks, right?

**Jessica:** Yes.



**Dr. Glenn:** When the pig says you can lose weight anytime, you've lost it before so you can do it again, you can lose it anytime you want to so you might as well binge now, where is the lie in that?

**Jessica:** Because it's not my problem losing weight. My problem is to have this unhealthy relationship with food. Binging is not a healthy relationship with food. It's not enjoying food. The pig is a kind of distraction from what the real problem is. The real problem is not the weight. The real problem is that kind of obsession for food. And the real problem is having cravings. I don't want to have cravings anymore. I just want to wait until my meal, eat what I want and then it's over.

**Dr. Glenn:** Got you. You know, I want to tell you, Jessica, I also know people who could lose weight at anytime they wanted to until they couldn't. They live with that pig's excuse for a while and it worked, and then when they got a little order, things got a little more difficult in their life, suddenly, the addiction took a little more hold of them and they found out they couldn't do it anymore. I even know a guy who, I think he lost 300 pounds twice and the third time, he couldn't do it. His thing was frankfurters and he had to stop eating frankfurters and he gained it all back as soon as he had one frankfurter. I once told someone else that story and they said, well, it must have been a really big frankfurter.

But you don't know that it's true that you can lose weight anytime. Just because you could in the past doesn't mean that you could in the future.

**Jessica:** I don't know about that, but I just don't want to have to do it again.



**Dr. Glenn:** Yeah. You don't want to have to do it, and the weight isn't the issue anyway, like you said.

**Jessica:** Yes.

**Dr. Glenn:** How confident do you feel that you're going to have three meals a day with nothing in between forever with the exception of a snack twice a week with company and 50 percent vegetables on every meal?

**Jessica:** Vegetables and/or food, can be both. At breakfast, it's usually wheat and not vegetables.

**Dr. Glenn:** I see. Well, that's fair. How confident do you feel that you're going to do that for the rest of your life until the day that you die?

**Jessica:** Pretty confident.

**Dr. Glenn:** You want to give me a number?

**Jessica:** It's hard to give a number because I might miss out. 98 percent?

**Dr. Glenn:** 98 percent confident?

**Jessica:** Yes.

**Dr. Glenn:** So then if the pig tries 50 times, on the 50<sup>th</sup> try, it's probably going to win, right?

**Jessica:** Might be, yes.

**Dr. Glenn:** Is there any specific squeal that the pig is using for that last 2 percent?



**Jessica:** It mostly depends on how I can manage my stress. I've noticed I'm going through a not very nice divorce and some confrontations with my ex. That makes the pig squeal the most.

**Dr. Glenn:** So the pig says that the stress of the divorce -- I'm just divorced so I totally understand -- the stress of the divorce is going to get you and you're going to have to break these rules for comfort.

**Jessica:** I don't have to. It won't help me with my divorce, but that's my weakest moments. I noticed that.

**Dr. Glenn:** I don't mean to make light of the stress that you're going through. Like I said, I went through a kind of nasty divorce.

**Jessica:** I'm sorry.

**Dr. Glenn:** That's okay. I'm sorry for you to. Where is the lie on this though? Where is the lie in the idea that you need comfort from the stress of the divorce and the only way to comfort yourself is with food, with pig slop, by breaking these rules?

**Jessica:** The lie is that it won't make me feel any better. I still have the same stress, only worse. If I eat food, it's not affecting the relationship with my ex-husband.

**Dr. Glenn:** Yeah. As a matter of fact, if you eat the slop, then you're going to have to recover from eating the slop, it's going to make it harder to deal with the divorce, won't it?



**Jessica:** It's like moving the problem from one thing to another thing and it's like putting the problem with my ex in the fridge. Once I recover from the idea that I've ate too much, then I will be back at the same problem for why I started eating.

**Dr. Glenn:** Yeah. There's another thing that's kind of important about this. I don't know if you've heard me talk about it before, but the idea that the pig only eats for comfort is a little dangerous. It's true that accepting food, pig slop, serves as an anesthetic because it makes it harder for the body to conduct the emotions and it distracts you from certain thoughts and feelings for a while. That's true. But it's also true that the things that we binge on are usually industrial foods that are hyper-palatable concentrations of pleasurable substances, otherwise known as drugs, and that those concentrations of substances, they get you high. When you're having chocolate, some people do really well with it having a little bit once in a while, but the truth is, it's getting you high. There are all types of stimulants in chocolate and you can't find that level of sugar in one place, such a concentrated form, and there's all sorts of things in chocolate that don't exist in the tropics, don't exist in the savannah. It takes your body to an unnatural pleasure level that we're not really prepared to deal with. It's getting high.

And the reason that's important to reframe is that when the pig says, "Oh, I'm so unhappy. You need to feed me. Don't leave me like this because I need comfort. I'm hurting so much." When it says that, if you remember the pig really wants to get high with food and it's acting more like an addict, most people don't want to see themselves like a drug addict. It makes it dystonic to them and they are less likely to do it. Does that make sense?



**Jessica:** That makes very much sense of me, the addiction comparison. Because even long before I got obese as a teenager, I already had this kind of compelling cravings that's, at the time, there were no nighttime stores. I was able, at night, to take the bicycle, go five kilometers to the station just to buy some candies. The pig was there long before I got weight problems.

**Dr. Glenn:** Yeah. How confident are you that you're never going to binge again; you're going to follow these rules for the rest of your life?

**Jessica:** It's still about 98, 99 percent.

**Dr. Glenn:** That's because the pig says you might mess up?

**Jessica:** Yes.

**Dr. Glenn:** Jessica, what you need to understand is that the way we play this game, that that's a pig squeal in and of itself. The purpose of that doubt and insecurity on focusing on the fact that you messed up in the past and so you'll probably mess up in the future, is to weaken you and make you want to binge now.

**Jessica:** My pig is just saying, "Oh, but it's way less than you did before." So what do I say back?

**Dr. Glenn:** That's it way less than you did before?

**Jessica:** Yes. Now, I don't call it my pig, but that's most easy to understand, say, "Oh, you used to screw up 50 percent of the time, and now you're only 1 percent. That's okay."



**Dr. Glenn:** Well, if you see you're 99 percent confident, trust me, your pig is going to try a hundred times until it rolls the dice and it gets that lucky number.

**Jessica:** If it happens one time.

**Dr. Glenn:** Well, do you want to let it happen one time or not? Do you want to adjust your plan so that one day out of a hundred you're allowed to do this? You want to make that happen? You can do that if you want to. See, it's about you taking control and making the decisions and acting consciously and proactively about this; not letting your pig rule the roost. Because if the pig gets in one time, it will say, "Well, still one time out of a hundred is not so bad. How about two? Two is not so bad." You don't want to let the camel's nose in the tent.

**Jessica:** Yes. Well, the funny thing is, when you say I can make it a rule, I'm thinking by myself and I think, "No, I don't need that."

**Dr. Glenn:** See, what we're doing here is the last vestiges of pulling you apart from your pig. You need to be a hundred percent confident by declaration. You don't have to feel it. The way the game is played, you have to declare yourself a hundred percent confident. And it's okay if the pig has other ideas, 'cause then you start to recognize them as pig squeal and you have the choice to ignore them. You can make whatever rule you want to. If it feels too restrictive, you can change your plan. You're just not going to let the pig do it impulsively because then the pig is in control. Does that make sense, Jessica?

**Jessica:** Yes, that makes sense. I was just thinking by myself how strange it is that as soon as you say, "Oh, you can make it a rule, you can binge one time in a hundred," that I immediately think, no, but why should I?



**Dr. Glenn:** Well, now, you're getting it. You're giving yourself the choice and the power. And that's what you told me that you wanted. You said you wanted to have complete food freedom 'cause you know that you're in control.

**Jessica:** Yes.

**Dr. Glenn:** So that's what I'm fighting so hard to give you here.

**Jessica:** Yes. That was a good one.

**Dr. Glenn:** Thanks.

**Jessica:** That's was a good one.

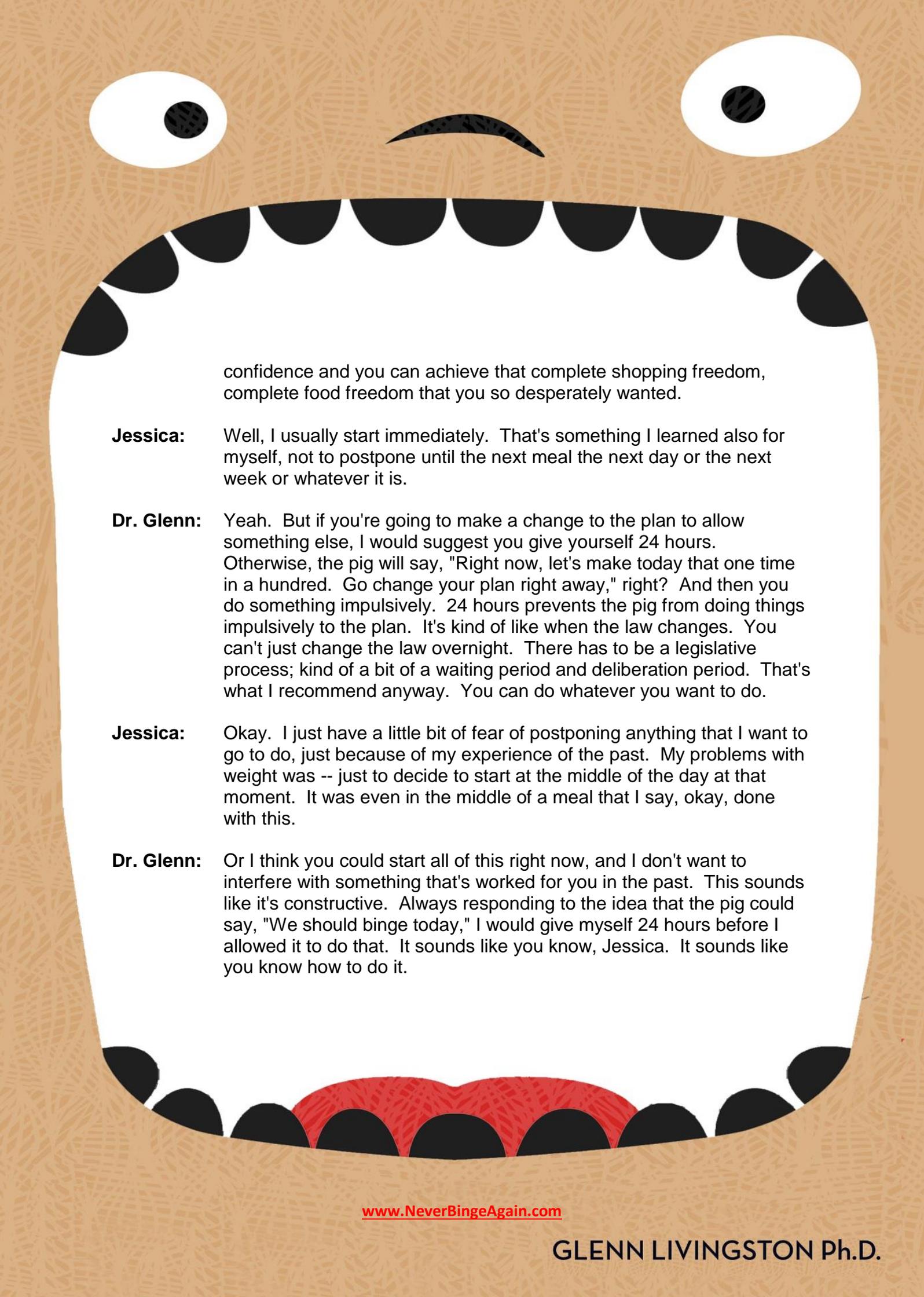
**Dr. Glenn:** Been working on this for a while, but thanks. So how confident are you that you're never going to binge again?

**Jessica:** A hundred percent.

**Dr. Glenn:** Even if your pig has other ideas?

**Jessica:** Oh, sure. I don't have to because I realize, you say I can't do once in a month, in two months. And I'm thinking, but what was the final binge? It's not fat, so why should I do it? It's not me that really wants that.

**Dr. Glenn:** Right. There's no point to leaving yourself room to binge. If you allow yourself 24 to 48 hours before you make a change on the plan, then you can change anything you want to as you go forward, so you're not going to get boxed in. This way, you can practice 100 percent



confidence and you can achieve that complete shopping freedom, complete food freedom that you so desperately wanted.

**Jessica:** Well, I usually start immediately. That's something I learned also for myself, not to postpone until the next meal the next day or the next week or whatever it is.

**Dr. Glenn:** Yeah. But if you're going to make a change to the plan to allow something else, I would suggest you give yourself 24 hours. Otherwise, the pig will say, "Right now, let's make today that one time in a hundred. Go change your plan right away," right? And then you do something impulsively. 24 hours prevents the pig from doing things impulsively to the plan. It's kind of like when the law changes. You can't just change the law overnight. There has to be a legislative process; kind of a bit of a waiting period and deliberation period. That's what I recommend anyway. You can do whatever you want to do.

**Jessica:** Okay. I just have a little bit of fear of postponing anything that I want to go to do, just because of my experience of the past. My problems with weight was -- just to decide to start at the middle of the day at that moment. It was even in the middle of a meal that I say, okay, done with this.

**Dr. Glenn:** Or I think you could start all of this right now, and I don't want to interfere with something that's worked for you in the past. This sounds like it's constructive. Always responding to the idea that the pig could say, "We should binge today," I would give myself 24 hours before I allowed it to do that. It sounds like you know, Jessica. It sounds like you know how to do it.



**Jessica:** Yeah. I'm not going to binge now because tomorrow there will be a difference.

**Dr. Glenn:** Yeah.

**Jessica:** No.

**Dr. Glenn:** I think you could start the rules we talked about right away. We went through a deliberation process. We were very careful about it. I'd feel very safe with these rules.

**Jessica:** Yes. I needed that last point you gave me about the 100 percent confidence.

**Dr. Glenn:** Good, good, good.

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