

Glenn Livingston, Ph.D.

Johanna 6-17-21

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Dr. Glenn: Hey, this is the very good Dr. Glenn Livingston with NEVER BINGE AGAIN and I'm here with a very nice woman named Johanna who has been a reader and a client and a success story. She wants to share her wisdom and experience and hope and observations, as well as her trials and tribulations and stumbles and falls so that you can benefit from it. Johanna, how are you?

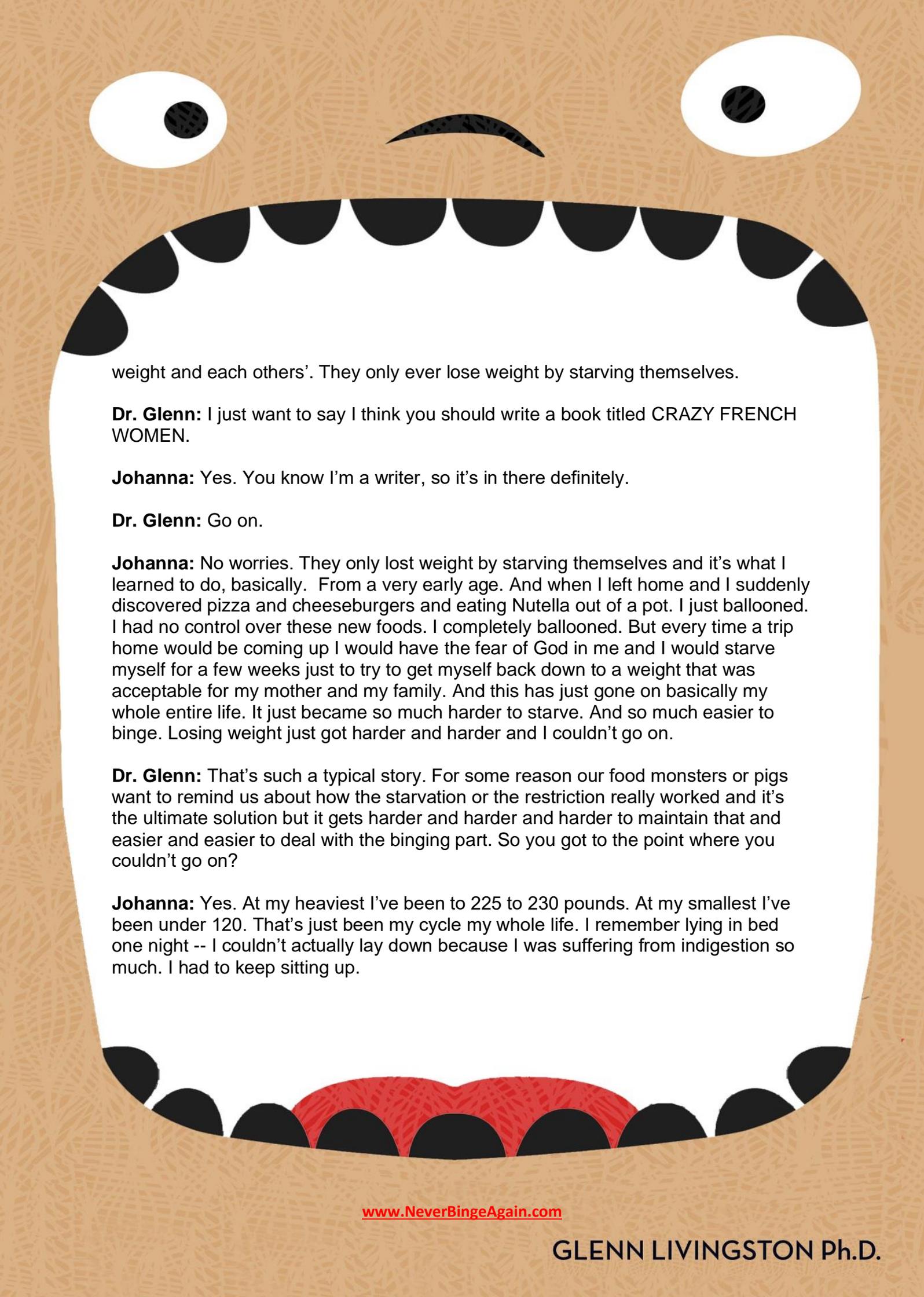
Johanna: I am good, thank you, Glenn. How are you?

Dr. Glenn: Very good. Why don't we start at the beginning? What were things like before NEVER BINGE AGAIN?

Johanna: Well I'm one of those people who has lost quite a few pounds and gained 100 back more times in my life than I can remember. I grew up in a really weight obsessed family. French women. Crazy French women obsessed with their own

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weight and each others'. They only ever lose weight by starving themselves.

Dr. Glenn: I just want to say I think you should write a book titled CRAZY FRENCH WOMEN.

Johanna: Yes. You know I'm a writer, so it's in there definitely.

Dr. Glenn: Go on.

Johanna: No worries. They only lost weight by starving themselves and it's what I learned to do, basically. From a very early age. And when I left home and I suddenly discovered pizza and cheeseburgers and eating Nutella out of a pot. I just ballooned. I had no control over these new foods. I completely ballooned. But every time a trip home would be coming up I would have the fear of God in me and I would starve myself for a few weeks just to try to get myself back down to a weight that was acceptable for my mother and my family. And this has just gone on basically my whole entire life. It just became so much harder to starve. And so much easier to binge. Losing weight just got harder and harder and I couldn't go on.

Dr. Glenn: That's such a typical story. For some reason our food monsters or pigs want to remind us about how the starvation or the restriction really worked and it's the ultimate solution but it gets harder and harder and harder to maintain that and easier and easier to deal with the binging part. So you got to the point where you couldn't go on?

Johanna: Yes. At my heaviest I've been to 225 to 230 pounds. At my smallest I've been under 120. That's just been my cycle my whole life. I remember lying in bed one night -- I couldn't actually lay down because I was suffering from indigestion so much. I had to keep sitting up.



I read. I read every single diet book under the sun. I have tried everything. I literally thought there must be something that can help me with my specific problem and I typed never binge again into Amazon Kindle. And there was your book. And I was like oh!

Dr. Glenn: Really? You searched the words “never binge again” before you heard of the book?

Johanna: Yes. I typed the words never binge again into Amazon and there was your book. Four years ago. I read it and I just got it straight away. This whole idea of having these destructive thoughts that you basically had verbalized them for me. I knew they were there, but they were there in black-and-white. I was thinking it's not just me. This actually exists. This is a real problem for real people. I'm not losing my mind. It is something that exists.

It felt good, but I tried to make the rules and I could never really sustain it for longer than a couple of weeks. It was a good few years later that I decided. I kept going back to NEVER BINGE AGAIN because it's the only thing that really resonated with me. But it was a good couple of years before I actually went and decided to do the intensive because I realized I needed that bit of extra help. I couldn't do it by myself.

Dr. Glenn: NEVER BINGE AGAIN was the only thing that resonated with you. So then you decided to do the coaching part?

Johanna: Yes. I did the intensive program and it was so good for me. I can't tell you how much everything just fell into place straight away. I felt like I had the support that I had always needed. But it was on my own terms. It was my own rules.

Dr. Glenn: Could you be a little more specific? What kind of support was it that put things in place for you when you couldn't do it with the book alone?



Johanna: Learning really how to get refutations.

Dr. Glenn: You said it was the real time refutations that made the biggest difference?

Johanna: Yes I would say the real time refutations. Waking up in the morning and thinking to myself, *How is this pig going to derail me today?* And refuting that. Straight away. It just really helps until the refutations were completely internalized and they became mantras. So I have these as tools. Powerhouse tools that I carry around with me everywhere.

Dr. Glenn: Could you talk about that a little bit more? Maybe give some examples?

Johanna: Sure. My biggest pig squeal is and always has been *You will fail. You have never succeeded before in the past. You will fail. You may not fail right now. You may be succeeding now, but you're going to fail eventually.* This is the one really big one that I have always sort of had trouble with. Refuting that is really easy. I'm not going to fail. The pig wants me to binge right now. The happiest version of my future self is the one that doesn't binge right now. So all I care about is the moment. The right now moment.

Dr. Glenn: The happiest version of your future self is that one that never binges now.

Johanna: Yes.

Dr. Glenn: And so therefore all you need to do in the present is not binge right now. So you build up that muscle.

Johanna: Exactly. It's exactly that. I just need to care about right now. It's not about what I do tomorrow no or the next day or the day after that. Right now I don't binge.



The happiest version of my future self is the one that doesn't binge right now.

Dr. Glenn: I'm going to ask if you might share any others along the way because people like the very specific examples. But what you're illustrating is a principle that not a lot of people talk about. What tends to happen is that there is an overwhelming squeal. You're going to fail in the future, you failed so many times before.

Then the refutation for that starts out a little bit long and not quite believable and people work on it till it becomes more and more believable. Then they have a version of the refutation that really works. Then they want to figure out how can they remember that refutation at the moment of impulse, so they come with an even shorter summary version of it, which we call a mantra. Then what tends to happen is you don't really have to do refutations anymore, you just have to recognize when the pig is throwing that squeal at you.

Johanna: I have another one that has really been intrinsic in helping me in my success. There's always the squeal that comes up that just says, "But I want it. Because it's nice. Because it tastes good and I want it." When all the other squeals are refuted it's just this one that comes and goes, *But I really want it.*

Dr. Glenn: Duh. I really want it.

Johanna: The one thing that has really resonated with me is that pig wants it. I don't. The pig wants it. But that's not me. And I am not the pig. It's that simple.

Dr. Glenn: Is that the mantra that the pig wants it and I don't?

Johanna: It's I'm not the pig.

Dr. Glenn: That's what I mean. People think that this process is too much work and it's going to take forever but you get to the point where you have these simple



personal mantras and all you have to do is recognize that the pig is squealing. Yoav even suggests that you touch your finger and your forefinger together just as a physical representation of seeing the pig. I see you pig, I know that you want it I don't and this is you. I know the mantra. It brings back all the memories of the refutation. And then you're done. You don't have to do the work. You just have to recognize it in the moment. Are there any others you want to share?

Johanna: One big one -- I haven't really articulated it into a mantra -- that's a big one for me is the idea of the archery. I have failed in the past, but that fail has turned into a year-long binge. Whereas if I do make a mistake -- and by the way I won't, there's just no way I'm going to fail because I'll never binge again -- but if there is a mistake that does happen along the way, and I choose to make that mistake, I have this whole powerhouse of tools that can help me stop right then and there. And get over it. And go straight back to never binging again. And it's not something that I want to talk about much because I don't want this content in my head that I might fail. But I feel very secure and safe. It's like a safety net and it's really important.

Dr. Glenn: If you missed the bull's-eye you will assess where you actually hit. And by how much did you miss it and in what direction. And therefore what precise adjustments are necessary to hit the bull's-eye next time.

Johanna: Exactly.

Dr. Glenn: What was it that stamped in the refutation process for you? Was it the lectures? Was it the email coaching? Was it the five times a week Q&A calls?

Johanna: It was the repetition of doing it. I took the online coaching calls really seriously. Everything I was asked to do I did. So refutations every day, emailing my coach every day, watching the lectures. Doing the work. Because there is homework to do and it's not easy. But I just did it. The podcast is probably the single biggest thing because it just gets in your head. Everything kind of comes together. It was



everything. It was all of it, the whole process. I'm just really letting myself be immersed into it and accepting it and not fighting it. Just saying, Yes, okay, right I'm going to do this. I paid for it and I'm going to do it and it's going to work.

Dr. Glenn: Lovely. Are there any unique insights that you've had along the way? That you need to share? Something I should've asked you that I didn't?

Johanna: Well originally this call was because I had to tell my husband about NEVER BINGE AGAIN. He has suffered from my binging in the past and he has seen me succeed and fail, succeed and fail, succeed and fail. And I was wary about telling him about what I was doing because I knew what he was going to say. And he basically fed me every single one of my pig squeals.

I explained the concept to him. There was an *Oh here we go again, another diet. Well you've tried before what's different about this time? You can never eat bread again? That's ridiculous, why can't you eat like a normal person?* He's really rational and doesn't have a pig problem.

So going to him with this big thing that I was doing because I'm really changing my life here was difficult. But I was ready. I recognized everything that he was saying as a squeal which was kind of mind blowing because it was like hearing myself saying these things to myself. And this is everything that the pig has used to derail me in the past. I refuted his pig squeals to his face out loud. He was like, *Okay, right, okay* for every single thing.

One of my rules is I will never again eat bread. He would say look, you can't just cut out a whole food from your diet, that's absolutely ridiculous, you're not going to do that. I would refute that by saying, Well yes, I can and this is something I have chosen to do myself. It's something I need to do for myself because bread is not good for me personally. I refuted it all the way up until the point where he said I guess it's just like being a vegetarian. That blew my mind. Because that was him



really accepting it at that point.

Dr. Glenn: So your husband was acting out the role of your pig for you. You used the refutation process in actual dialogue with your husband and what you saw was you are actually superior to your pig and you can refute any of the false logic.

Johanna: Yes. And he was completely on board by the end of it. And that was really important to me. I didn't think I would achieve that. But he was completely on board and still is completely supportive.

Dr. Glenn: Was he dumbfounded?

Johanna: He was. There is still a part of him that's like, I've heard it all before, it's just another diet. But it's been a while now and I've lost quite a bit of weight and I'm not bingeing. I'm never bingeing again, right? And he can see that.

Dr. Glenn: A lot of women I've talked to have said that they have an unsupportive spouse who tries to sabotage them all the time. That it's impossible. What they don't realize is it's a squeal in itself. It's very possible and in some ways it might even be easier with an unsupportive spouse because you have opportunity after opportunity to aggressively identify the false logic and refute the squeal. You're living proof that you can do that.

Johanna: There's one other thing. It would be very easy for me to say that I can blame my husband or I can blame my mother or I can blame my family for me getting to the stage I'm in that they derailed me and that they made me the way I am. But I am the only person that can put food in my mouth. Nobody else. It's just me. And that's something I've learned from this. I am the master of my own actions and choices and there's no pig in the world that can beat me down.

Dr. Glenn: Very good. Is there any way that I can help you or anything else that you



needed to say?

Johanna: No that's it. I'm really good. I'm going to keep going. There's still so many podcasts to listen to and I'm doing the coaching program. I'm loving it. It's great. I'm good.

Dr. Glenn: Keep listening we'll make more.

Johanna: Cool. Thank you.

Dr. Glenn: Thank you, dear, have a lovely afternoon.

Thanks for your time and attention. If you like to find out more about how to fix your food problem fast using our new coaching format that includes daily email accountability, a 45-day mastery challenge and live support groups four times per week, all completely optional of course, you don't have to come four times a week, they're just there if you need it, please visit FixYourFoodProblem.com. If you'd like to walk yourself through the coaching process and do it yourself, please visit NeverBingeAgainWorkboOkay.com. For live coaching, daily email accountability, four times a week group support and a 45-day mastery challenge, please visit FixYourFoodProblem.com, or to do it yourself, please visit NeverBingeAgainWorkboOkay.com. Thanks.

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