

Kaye and Michelle Demo Session 1

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Kaye: Hi there, this is Michelle and she's asked me to do a recording with her about coaching for the holidays that are coming up and how to keep the pig in its cage over the holiday. So would you like to bring me up to speed, Michelle?

Michelle: Yeah. I'm doing well with the NBA. My plan seems to be doing well and I'm keeping the pig in its cage for the most part. I'm having a few issues with chocolate in the evenings, but other than that, I'm doing well.

Kaye: Okay. Can you tell me roughly what your plan is?

Michelle: I'm following a calorie restrictive diet, somewhere between 1300 and 1500 calories, and then I also only eat between 11:00 and 7:00 every day, 11:00 a.m. and 7:00 p.m.

Kaye: Okay. How are you finding that generally?

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Michelle: That seems to be working and I seem to be satisfied and I don't seem to be craving a lot, so I seem to be doing okay.

Kaye: Okay. Great! Now, you've got the holidays coming up, the Christmas holiday, and this is why you asked for a little bit of extra coaching, so what do you feel your issue with the holidays is going to be?

Michelle: So we are surprising our teenage son with a trip to Disneyland over the Christmas holiday. So for about five days, we're going to be away from home and in the park. I'm just terrified of that, I guess. I guess my issue is how do I enjoy that and keep from letting the pig have too big of a heyday and yet not be so restrictive that I can't enjoy it the way I'd like to enjoy it.

My husband says, "Are you really going to stay on your plan the whole time we're gone?" We haven't been for almost five years, so it's a big deal. So his idea is eating all the food and I don't know whether I want to do that or whether I will feel deprived if I don't allow myself a little leeway there, so I'm not quite sure how to handle it.

Kaye: Okay. So it sounds to me that you've got three journeys you can take while you're there. Can I ask, is the food included while you're out there or will you be cooking and doing things yourself?

Michelle: No. We'll be eating out all of our meals and we have reservations in restaurants every night. Most of those restaurants do have some really healthy options because I did go ahead and look at the menus before we made the reservations, so I know I can make some good choices there.



Kaye: Okay. Right, so let's take ourselves down three pathways. The first pathway is the one where that's it, you are on a holiday, you go for it. You eat what you want, when you want, how you want to.

Michelle: That's a good pathway, yes.

Kaye: That's the first one and the pig is having a dance party at that thought. I can hear it from you.

Michelle: Yeah.

Kaye: Right, so a completely unrestricted holiday. Now, what I want you to do is I want you to think of yourself while you're gone on a holiday and then as you come back. So we'll do the while you're on holiday. If you're on holiday and you'll go unrestricted, eating what you want, tell me what you're having and how it makes you feel.

Michelle: So you want me to tell you what foods I would eat?

Kaye: Or just how it would make you feel like for example, you're used to restricting your diet in a minute. How does it make you feel if you just ate suddenly as many calories as you wanted to?

Michelle: I think it actually would make me really anxious. I think that it would make feel out of control. I think that I would worry the whole time that the pig was going to be out and I was never going to get it caged again. I think that I would worry about how my stomach would feel and that I would wake up feeling awful. I would go to bed feeling awful. Those are my biggest concerns with just letting him free.

Kaye: Are there any positives?



Michelle: Well, I guess in a way, yeah, because it's so many memories and Disney are of food, and so eating those things that we enjoy eating together like the corndogs and the Mickey ice creams, those fun things that you remember eating together, it's just that memory-making that's around food. So I think those are positive things and that would be fun and I would enjoy that. Maybe there are just a few things that I would really love to taste, that maybe it doesn't have to all be about food.

Kaye: Okay, right. Let's take you to this extreme now where you don't change your plan at all and you still eat between 11 and 7 and you still eat between 1300 and 1500 calories a day.

Michelle: Right.

Kaye: So you don't change your plan at all. Now, I want you to imagine that and how that's going to make you feel, both bad and good.

Michelle: Okay. I think the bad about it is that I would constantly be focusing on, "Okay, now I've got to track these calories. Oh no, we're at two o'clock in the afternoon and I'm out of calories." How am I going to sustain all of the movement that you do at Disney until midnight without having anything to eat? I don't think the 11 to 7 would necessarily work in that situation. Yeah, I think that it would wind up being stressful and that I would be anxious the whole time about it and that then would leave this cloud over what should be a really fun thing.

The positives about it is that I would keep the pig caged and that I would feel in control and that I wouldn't go to bed feeling stuffed and miserable, so there's that that would be positive, right?



Kaye: Yeah, okay. What I'm doing is writing things down furiously.

Michelle: That's what I figured.

Kaye: All right. Okay, so I've been thinking. While you've been telling me all about this, I've been thinking of perhaps some conditional rules that you can have while you're out there and I want you to imagine that kind of scenario. This is a thought that I'm having. It's up to what you do because you can put your own rules in. I think you're right about the 11 to 7, so for the time there, perhaps stop the 11 to 7 rule just because firstly you don't know when meals necessarily are. And secondly, it's almost impossible -- I can imagine if you're eating food out, it's almost impossible to count the calories in it.

Michelle: Right.

Kaye: Do you see what I mean?

Michelle: Exactly.

Kaye: For example, something you would make at home will probably have half the calories than the fat, lean stuff that you would buy there. So this was my thought that perhaps for the five days and for the five days only, so as soon as you finish your five days, you get back straight on to it, is that you can have one treat of your choice in the day so that you get your food memories and a plate -- every time you eat a meal, you have a plate half full of vegetables.

Michelle: Okay.



Kaye: Vegetables are low in calorie and it's a natural way of keeping your calorie count down while still being full.

Michelle: Right. Oh, I like that. That's a good deal.

Kaye: Yeah, and that means then half your plate is -- that's automatically half the food that should be lower in calorie, and then either choose what you'll want or choose the healthiest version of a meal that you can in that time, okay?

Michelle: Okay.

Kaye: So this is kind of a halfway house. I'll write that down in my little chart, a plate half full of vegetables obviously without butter and various things if you can, and one treat of your choice a day. And for those five days, don't worry too much about the calorie restriction because it's almost impossible to count when you're away, and also the 11 to 7 because I'm sure you'll be having breakfast in the morning and then probably -- I have been there myself. It was a very late dinner.

Okay, so how do you feel about this? What's the good and bad about this halfway house that we're talking about?

Michelle: I think the good in it is that I think that I won't feel anxious. I know if I fill up my plate half with vegetables, it still can have the taste of the other good things that I order, not that vegetables aren't good. You know what I mean. And then allow myself a treat of my choice a day that I won't feel deprived, that I'll be able to enjoy and yet still feel some semblance of control and keeping the pig caged to a great extent, so I think that that's perfect.



I think the bad is, and this is the pig talking, "That one treat is not enough. You'll probably have more than that one treat a day. I'm sure you'll have more than that," so that's the pig and that will be how I'll keep it caged, is just saying, "No. We're only having one treat a day. That's it." I think that'll work. That's five treats while I'm gone, five of those memory-making treats and I think that that is enough, so yeah, I like that.

Kaye: Yeah. Okay, all right, so you've got your three paths. I'm going to re-read each of these paths now just as a reminder and then you can pick which one. You might have already decided, but it's always good to have a reminder.

The first is the unrestricted. This you said, if you could eat everything you wanted to, it would make you feel anxious, you'd feel out of control and that you would be worried that you'd never get the pig caged again. And then on top of that, you said your stomach would feel bad and you would be feeling awful, but the good thing is you'd be making memories of food. You'll enjoy eating some things like corndogs and stuff like that. Going away on this kind of trip is all about the food.

Then if you didn't change your plan at all, you would be constantly focusing on calorie-counting instead of enjoying yourself. You would be probably out of calories by two o'clock. You are not sure how you'd be able to sustain all of the movement you'll do in a day without eating later in the evening. You weren't sure how 11 to 7 could work anyway. It would be stressful and difficult, but the good side of it was that the pig would be caged and that you wouldn't be going to bed stuffed and miserable.



Then we came up with the middle plan and that was a plate of half full of vegetables every meal, a treat of your choice a day, and the good side of that was you wouldn't be feeling anxious. You would taste the good stuff and still have a choice, plus you wouldn't feel deprived and you would have control on the caged pig. And then the pig decided to chip in and he said that one treat was not enough and you decided it was. How do you feel? Which of those plans do you think would be a good one to follow?

Michelle: I think the middle one is going to be perfect and in fact, I'm thinking that I'm going to get my husband onboard with it too so that we're both doing it together and I think he'll feel good about that too.

Kaye: So you've chosen the middle plan where you have the half plate of vegetables every meal and one treat of your choice. Let's have a think. How would that make you feel by the end of the holiday? How would you be feeling? This isn't forever, so it's just for the five days. So we're not thinking of a big why that's going to last you forever and how you're going to look over a year's time. How do you think that would make you look, feel, be if you were to look in the mirror at the end of the holidays? So you've come back, you're looking in the mirror and you're looking at yourself. How do you think that would make you feel?

Michelle: I think I'm going to feel good about myself. I think I'm going to feel like I accomplished what I wanted to accomplish. I think I'll be proud of myself. I think I'll feel better physically because I will have not binged while I was gone. I think I'll feel good. I think I'll just feel good.

Kaye: Okay. Now, let's give the pig a quick five-minute -- I'm not going to be talking to you. I'm going to be talking to your pig.



Michelle: Right. Okay.

Kaye: What does your pig say about this? He's already had one squeal, hasn't he? He said that one treat isn't enough.

Michelle: He's going to say, "You went on this once in a lifetime thing with your child who you only have a few years left with in the house and you're going to be worrying about what you're eating the whole time. You should've just let me free so that we could enjoy every moment and not been worrying about food because every time you go anywhere like that, you're worrying about food and then you come home and think, 'Why did I do that? I should've just eaten what I wanted and enjoyed every minute of it.'" That's what he says.

Kaye: "It's a once in a lifetime trip. You should just do what you want and go on a binge."

Michelle: Yeah.

Kaye: "Go on a once in a lifetime trip. Do what you want. We'll go on a binge and have an amazing time." What did you say that that was? Was that true?

Michelle: Do I think that's true? The pig thinks it's true, but do I? Is that what you're asking?

Kaye: Yeah. What would your response to that be?

Michelle: No, it's not true. I go and I eat and I'm sick and I don't feel good and I come home and feel horrible about myself. I don't want to feel that way. I don't. Not even a little bit of me wants to feel that way. So I



want to go and have the trip to be about the memories that I make with my son and my husband, not about the food that I eat.

Kaye: So memories about what happens with your son and your husband, not the food.

Michelle: Yeah.

Kaye: Okay. Are there any other pig squeals?

Michelle: Feeling that, "If you go and do that, you're going to feel deprived and then you're going to come home and go on a month-long binge because you didn't binge while you were there." That's the squeal I hear. "You'll not lose control there, so when you get home, you're going to feel deprived and upset that you didn't eat what you wanted, do what you wanted, so you're going to go on a binge when you get home," which I've done before.

Kaye: Can you think of any other ones?

Michelle: No, I think that's all. That's all I'm hearing at the moment.

Kaye: Okay, so what would your answer to that one be that basically you're going to get back, feel deprived and just go on a one month binge?

Michelle: I think that the middle plan that I chose is lenient enough that I won't have the deprivation that I would feel if I was restricting, if I was calorie-restricting. I think that I'll be able to have a treat every day. I think I'll be able to eat good food in addition to my vegetables, so I don't think that I'll come home feeling as deprived as the pig thinks that I will. That's my thought.



Kaye: All right, so you wouldn't be feeling deprived because you've got some leniency. You've got some leeway.

Michelle: Yeah, exactly.

Kaye: Okay, so let's have a think now. The whole time of your trip, your rules are going to be, "I will fill half my plate with vegetables," and that means if you're having fruit in the morning for breakfast, that would be half a plate of fruit. Well, I'm not expecting you to go looking out for mushrooms and things like that. "While I'm on my five-day Disneyland pleasure trip with my son, I am going to eat half a plate of vegetables with every meal and I'm going to have one treat of my choice and that is it."

Michelle: Wonderful. Yup, that's perfect.

Kaye: Do you feel that you can stick to that rule?

Michelle: Yeah, I do.

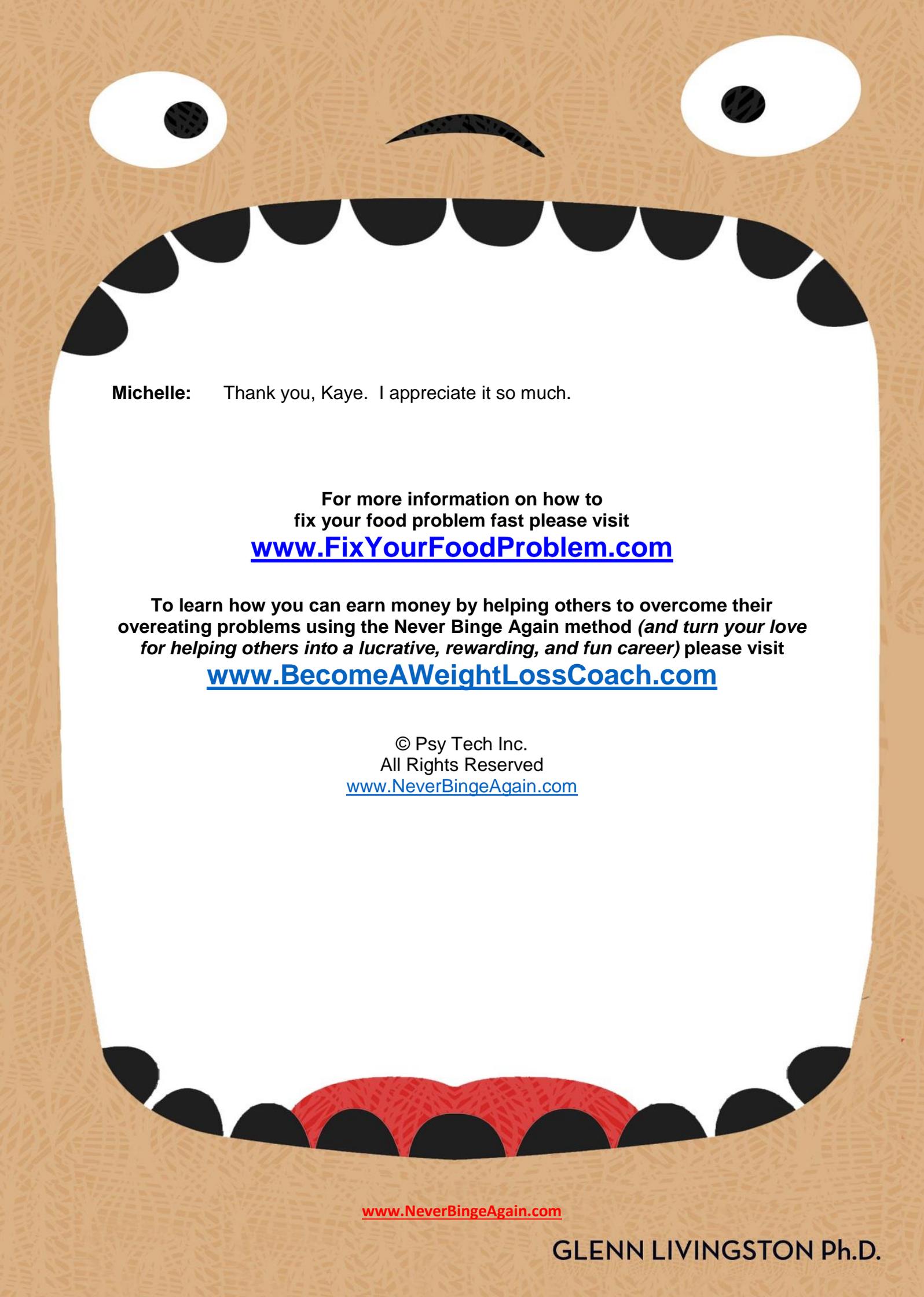
Kaye: Okay, so can you give me a percentage roughly?

Michelle: I think I'm at a hundred percent. I can get behind that and do it. Yeah, I'm in with that. To me, it's the perfect solution.

Kaye: All right. Well, would you like to leave it there then?

Michelle: I think so, yeah.

Kaye: Great! Okay. Well, I wish you best of luck with that.



Michelle: Thank you, Kaye. I appreciate it so much.

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