



Glenn Livingston, Ph.D.

**Lala Will Never Binge Again
In Fast Food Restaurants**

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Dr. Glenn: Hey this is the very good Dr. Glenn Livingston with a very lovely woman named Lala who has agreed to let me record the session so you can benefit from her experience and strength and hope and wisdom, as well as her trials and tribulations and stumbles and falls. Lala, how are you today?

Lala: I'm doing great thank you.

Dr. Glenn: Where are you calling from?

Lala: Milwaukee, Wisconsin.

Dr. Glenn: I used to own an advertising agency in Milwaukee. Minami Falls -- I forgot how to pronounce it -- a long time ago. I have not been there in a long time,



but it's a nice little surprise for me. So tell us a little bit about your story before NEVER BINGE AGAIN. How did you find us and what happened?

Lala: This is my first time intending to stick with a weight loss plan ever. I've tried a lot of plans, but I've never tried to stick with them.

Dr. Glenn: What do you mean?

Lala: I'll buy them and I won't do them. I'll sign up but I won't commit. I have no discipline. Something will come up or something will change and I'll say my circumstances changed, I don't want to do it anymore. So this is my first time. I need to commit to a plan and lose 50 pounds and someone on YouTube recommended NEVER BINGE AGAIN. So I went to Audible and bought the audiobook. I listened to that and I loved it. And then I went to YouTube and I watched all the videos. I listen to one every day. I ordered the workbook and done the first few pages. I just jumped at the opportunity to be disciplined and stick with my plans.

Dr. Glenn: So you need to lose 50 pounds. Have you given some thought to what your first simple rule might be?

Lala: Starting with Nevers?

Dr. Glenn: It doesn't have to be a never. What I tell people when they're first getting started is that our lizard brain tends to beat us by setting the bar too high. So we'll go on a diet, and this is the thing that's going to fix us. And we want it to fix us quickly. So we're going to dramatically cut our calories or carbs or something like that. The bar tends to be too high and it keeps us in a feast and famine roller coaster where the body is starved of nutrition and calories for a while and you start to lose weight, but then it's too much to sustain. And then you give up and binge and it keeps you in a cycle, on a roller coaster, and your lizard brain knows that. It wants you to set the bar too high.



So we counter that by saying, Well what's one simple rule that will start things moving in the right direction? Something you could and would do. Something that will make a difference, but isn't too onerous. What comes to mind? What might be something you can do that's one simple thing? One simple rule?

Lala: Well the first one I came up with was a mantra I thought would work well for me: I will not dig my grave with a fork.

Dr. Glenn: OK, you will stop digging your grave with a fork. That is a very good mantra. That would help you maintain the right attitude. It's not really a rule though. So the question is what is one thing you could do to stop digging your grave with a fork?

I'll give you some examples. Some people say I'll never go back for seconds. I know a guy who lost 150 pounds who started with that. I'll always put my fork down between bites. I'll only have chocolate on the weekends. What's one simple thing you can do to stop digging your grave with a fork?

Lala: No fast food carbs.

Dr. Glenn: Can you define what fast food carbs is?

Lala: If I go out to Pizza Hut or Taco Bell or Rocky Rococo's I will not have things that are like a meal with fries and a sugary soda. The only thing that I will allow myself to have at a fast food place would be a salad with lean protein, water or a diet drink.

Dr. Glenn: The only thing you'll ever eat at a fast food restaurant again are lean proteins, salads and low-calorie beverages. Will you make a list of fast food restaurants afterwards so you know exactly what they are?



Lala: I could do that.

Dr. Glenn: Do you feel like you know you won't get fooled?

Lala: No I won't get fooled. I had considered that. I'm trying to avoid fast food all together, but I see in life I end up in fast food places with my friends and family when I don't intend to go there. So I want to have a plan when I end up there.

Dr. Glenn: What about Olive Garden? Is that a fast food place?

Lala: That's more like a sit down restaurant.

Dr. Glenn: That rule would not apply there?

Lala: It wouldn't. I wouldn't eat the same way as a sit down restaurant. I have more control at a sit down restaurant than when I go to a fast food place where I usually get burgers and fries and a Dr Pepper.

Dr. Glenn: So do you want to leave the option to eat otherwise when you go to Olive Garden or regular sit down restaurant?

Lala: Yes.

Dr. Glenn: Yes so you want to leave the option. One of the only things I'll eat ever again at a fast food restaurant are lean proteins, salad and low-cal beverages. I'm being a stickler because I want to paint a circle around the bull's-eye so we know when we hit it and when we don't.

Lala: That makes sense.



Dr. Glenn: So if the only thing that you changed for the next year was eating lean proteins, salads and low-cal beverages in fast food restaurants, will things get better?

Lala: Yes.

Dr. Glenn: How much better? What would things feel like in a year if you did this for a whole year without fail?

Lala: That would get me a third of the way to my goal. Because on the weekends with my family it's all fast food from Friday night, Saturday all day, Sunday... And it used to be like that for me also during the work week. Lunch, dinner in the evening. So if I really kept this rule it would get me a third of the way there to my goal.

Dr. Glenn: So you would lose 15 or 16 pounds in a year?

Lala: Yes.

Dr. Glenn: What would that feel like?

Lala: That would be awesome. It would feel like I finally did what I said I was going to do and I'm finally going to become the person I said I was going to become. And that I would be disciplined and finally see some results for some work that I actually did instead of complaining about it or thinking about it. Actually doing it.

Dr. Glenn: So it would give you a sense of being an effective, confident person who can control their own destiny by taking action.

Lala: Yes definitely

Dr. Glenn: Why is that important?



Lala: Because I have not been that person until this point and that's why I'm 50 pounds overweight, which causes me to be emotionally unhappy and makes me hide myself from things I want to do an experience. I'm very accomplished in other areas of my life so it makes me feel like a failure in this area in my life. I just don't like it. I want to change it.

Dr. Glenn: So you would be happier and would do more things. What kind of things do you want to do?

Lala: I want to accept invitations when my friends ask me to go to parties and social events. I want to say yes to my kids when they want to go to the amusement parks or the trampoline parks and the go cart races. Very active activities with my kids. I'd like to be able to always say yes to doing things with my husband, events and things with his friends and family. Invitations that I turn down because I'm not very happy.

Dr. Glenn: So really participating more in life.

Lala: Yes.

Dr. Glenn: Lala, I know this is uncomfortable but if you just keep doing what you've been doing and don't adopt this new rule what's going to happen in five years?

Lala: In five years I could see myself being on that show My 600 Pound Life. Maybe I'm being dramatic, but that's the show I watch. People don't have any control over what they're doing and it starts out with that one little thing, like that they didn't want to go out and they didn't want to be seen. They couldn't control themselves and now they're frying chicken in bed and I just don't want to be that person in five years.

Dr. Glenn: Frying chicken in bed?



Lala: Yes.

Dr. Glenn: Really?

Lala: Yes if you've seen the show, they fried chicken in bed.

Dr. Glenn: Yes, I've never seen the show

Lala: Yes well it's traumatizing.

Dr. Glenn: So would you like to commit to only ever eating lean proteins, salad and low-cal beverages at fast food restaurants.

Lala: Yes 100%.

Dr. Glenn: So let's hear from your lizard brain -- we call it the Pig. Let's hear from the lizard brain all the reasons why it says you can't or shouldn't or won't and I'll write them all down and we'll come back and deal with them, OK? You just fire away.

Lala: The pig will say that doesn't taste good... The pig will say we always get a Big Mac with no onions extra pickles and hot fresh french fries with a Dr Pepper and we love it... We grew up eating this ever since we can remember being five or six years old, getting a treat after school... You're turning your back on who you are... You're missing out on so much fun time with friends and family... You can't go to McDonald's or you can't go to Taco Bell or Burger King or Culvers or Cousins... People flying in from out of town to visit you and that's where they want to go and you won't be able to participate... The pig says it doesn't make a difference you're doing things that you think will work and you don't know that that will work... I guess the last one will be the pig says you can't do that! You won't be able to do that, you don't have the discipline or the ability to turn it down in the heat of the moment.



Dr. Glenn: Your pig is mean.

Dr. Glenn: He is. He uses my voice, though, so it feels real logical it doesn't really hurt.

Dr. Glenn: We're working on this. And then it gets so happy about the slop that it makes you forget about how mean it's being. The pig says that lean proteins, salad and low cal beverages don't taste good and you have to have something that tastes really good when you go out with your friends. Where is the lie in that?

Lala: I don't see the lie in there. I don't see the lie. It kind of feels true. I can eat the salad and drink water and choose not to have the cheeseburger but it won't taste good. It'll be a meal.

Dr. Glenn: Your pig is saying you have to orient your life around taste and that you can't orient your life around the memories and present and good times with your friends. And you can't orient your life around feeling healthy and confident and strong and being able to do active things with your kids and your husband and go to social events. It says that something tasting good is the most important thing in the world.

Lala: Oh. That's not true.

Dr. Glenn: That's not true, right.

Lala: No. Tasting good is not the most important thing in the world.

Dr. Glenn: Yes. So you're choosing to forgo some things in life that taste good in exchange for things that feel good. You can say yeah it doesn't taste good but that's not the most important thing in my life.

Lala: I got it.



Dr. Glenn: Tastes worse, feels better. The pig says we always get a big Mac with extra pickles and no onions and french fries and we love it and you're turning your back on who you are. You're leaving who you are behind you. Therefore, you can't do this you might as well just give up and binge now.

Lala: Right.

Dr. Glenn: What's the problem with that?

Lala: The problem is I don't want to be that person anymore. I get to make a choice. I can choose.

Dr. Glenn: So I want to turn my back on who I was. Because I'm becoming someone different on purpose. So you're right pig, I am turning my back on who I was because I want to be social and be there for the kids doing active things and be the master of my own destiny and prove to myself that I can stick with some something. I want to turn my back on that person who couldn't do anything. I want to turn my back on that person that I was who couldn't stick with anything. I'm doing that consciously and purposely. So you're right, pig. Take that.

Lala: Got it.

Dr. Glenn: The pig says you're going to miss out on times with friends and family because when they come over you won't be able to go with them to Cousins or McDonald's or Taco Bell. I didn't get all the names.

Lala: Yes. All of them. That's why I don't want to make a list, because it's all of them.

Dr. Glenn: Therefore, if you don't want to miss out on time with them you really have to scrap the silly rule and just binge now and give up on it now. What's the problem



with that?

Lala: I have other options. I am able to still go. It's nice to be invited. I can enjoy the time with friends and I can follow my rules.

Dr. Glenn: If you're really hungry you can have two servings of lean protein and salad.

Lala: I definitely could.

Dr. Glenn: There's no rule against that. You'll remember the most about that time and will have more fun than anybody else.

Lala: I like that. Not in a food coma. Paying attention.

Dr. Glenn: The pig says it doesn't matter. It's not going to work anyway, so why bother. Go ahead and break the rules and binge now.

Lala: The lie in there is that it does matter. My children and their future matters. My marriage matters. My personal happiness and my future self, we all matter.

Dr. Glenn: This is going to work. You're going to lose 15 pounds if you do this that's a third of the way there. This definitely matters, that's an easy one. I think he's getting desperate.

Lala: Yes. He had strong arguments, but now he's on the ropes.

Dr. Glenn: Yes, we got it on the ropes. You don't have the discipline or the ability to turn it down at the moment of temptation. Find the lie.



Lala: I do have the ability. I have to develop the discipline and it starts with practice saying I'm sticking to my rules 100%.

Dr. Glenn: You've always had the ability and you're developing the discipline. It's not an extremely restrictive rule. You can go to another restaurant and get something else if you want to. You don't have a volume restriction. You're not going to be starving.

Lala: No I definitely won't be starving. I could not eat for a few days. I definitely wouldn't starve to death.

Dr. Glenn: They're not going to find our bones by the refrigerator.

Lala: No never.

Dr. Glenn: How confident are you for the next year that you are only going to eat lean proteins, salads and low-cal beverages at a fast food restaurant and you'll stop digging your grave with a fork?

Lala: 100% confident.

Dr. Glenn: Really? Do you have any questions or concerns?

Lala: No that's good. Me versus the pig.

Dr. Glenn: It's pretty straightforward isn't it?

Lala: Yes.

Lean protein, salad and low-cal beverages at a fast food place and in a restaurant you get what you want. And you get what you want in a yea



Lala: Thank you so much. That was much easier than I thought it would be.

Dr. Glenn: When you get real clarity on what you need to do and we zero in on why the lizard brain says you shouldn't do it, thinking is really pretty transparent. It's the lack of clarity and having never really focused on the very specific things that the lizard brain says that keeps those people bingeing. People will come back and say I can't believe it was this simple. But just because the solution to the problem is simple doesn't mean it wasn't a horrible problem your whole life. You didn't know until you knew. You didn't know the solution until you knew, but now you know.

Lala: I do have one more question. My biggest squeak sometimes. So I hide the details. Those are kind of the places where the pig likes to hide. Sometimes I go to birthday parties with my kids or events and I like to have a mini cupcake instead of a piece of cake and ice cream and seconds and fifths so I would like to be able to have a mini cupcake when I go to birthday parties or parties that I'm interested in having a cupcake but normally I don't have that. But I would like to do that occasionally.

Dr. Glenn: Do you need another rule?

Lala: might.

Dr. Glenn: What were the rule be?

Lala: That I can have one mini cupcake once per party only if the calories are available to me through the week and only occasionally.

Dr. Glenn: We didn't make any rules about counting calories or anything like that

Lala: Well I know what my calorie rules are. I have some calorie rules. I just didn't mention them but I do have some.



Dr. Glenn: OK do you have any other rules?

Lala: I filled out the whole food plan template and I have lots of rules. I only pointed out my problem areas, the fast food carbs and then being able to have a cupcake occasionally. I don't know if I should allow that or if I should scrap that.

Dr. Glenn: Could you stick to it?

Lala: I haven't tried it. I feel if I said a rule I'm going to stick to it but right now I don't have a rule so that's why I can't stick to it.

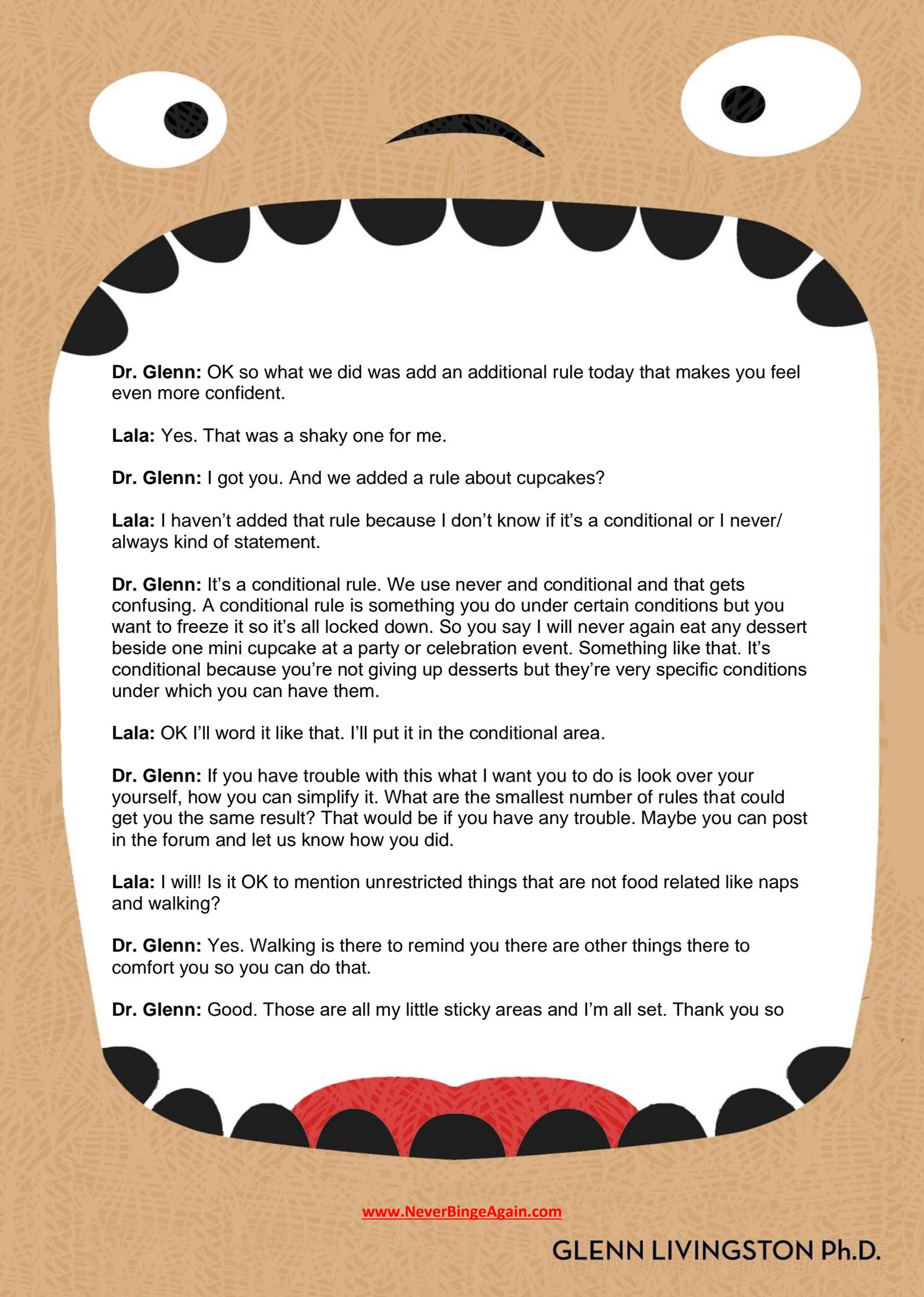
Dr. Glenn: Why don't you make a rule?

Lala: OK.

Dr. Glenn: The purpose of the one simple rule is to come up with a very low bar. An easy start that's going to make a big difference. When we're talking about if that's the only thing you did, you would be much better off. You would be 15 pounds thinner...

If you want to add a couple more rules, I'm just a little concerned that you've got a whole list of rules that might be too restrictive for you. Might be too hard to start with. So I kind of wanted to know what your other rules were. If you want me to. If you just want to leave it at that and you feel confident that's OK. I want you to know that the hidden pigs activity is to make too many rules and make it too restrictive to start with so people don't stick with things.

Lala: Well I do have a whole list of rules and it's strict but it's doable because I need to develop discipline. I did fill out the Nevers, Always, Unrestricted and Conditional and I have three or four in each area. But I feel confident with all of them. I've been doing them for over a month.



Dr. Glenn: OK so what we did was add an additional rule today that makes you feel even more confident.

Lala: Yes. That was a shaky one for me.

Dr. Glenn: I got you. And we added a rule about cupcakes?

Lala: I haven't added that rule because I don't know if it's a conditional or I never/always kind of statement.

Dr. Glenn: It's a conditional rule. We use never and conditional and that gets confusing. A conditional rule is something you do under certain conditions but you want to freeze it so it's all locked down. So you say I will never again eat any dessert beside one mini cupcake at a party or celebration event. Something like that. It's conditional because you're not giving up desserts but they're very specific conditions under which you can have them.

Lala: OK I'll word it like that. I'll put it in the conditional area.

Dr. Glenn: If you have trouble with this what I want you to do is look over your yourself, how you can simplify it. What are the smallest number of rules that could get you the same result? That would be if you have any trouble. Maybe you can post in the forum and let us know how you did.

Lala: I will! Is it OK to mention unrestricted things that are not food related like naps and walking?

Dr. Glenn: Yes. Walking is there to remind you there are other things there to comfort you so you can do that.

Dr. Glenn: Good. Those are all my little sticky areas and I'm all set. Thank you so



much for your time and your wisdom.

Dr. Glenn: Lala you go get 'em! I'll talk to you next time OK?

Lala: Thank you! Bye-bye.

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