

**Glenn Livingston, Ph.D. and Linda**  
***“Who’s the Boss – You or Your Pig?”***  
***(Someone’s gonna be the slave and someone’s  
gonna be the master – who’s it gonna be!?)***

For more information on how to  
fix your food problem fast please visit  
[www.FixYourFoodProblem.com](http://www.FixYourFoodProblem.com)

And if you’d like to help OTHERS fix their food problem  
using the Never Binge Again Method please visit  
[www.BecomeAWeightLossCoach.com](http://www.BecomeAWeightLossCoach.com)

**Dr. Glenn:** Hey, it's the very good Dr. Glenn Livingston with Never Binge Again. And I'm here with Linda who is a kindhearted woman who has agreed to let us record this session so that you all can benefit from her experience and struggles and observations and wisdom. Linda, how are you today?

**Linda:** I'm good. I'm excited to do this.

**Dr. Glenn:** Well, I'm excited to have you here. So catch me up. What's been your experience with eating; how has Never Binge Again played a role; where do you still struggle?

**Linda:** I've been heavy since I was seven. I will fast-forward through all the mess growing up and everything. About five years ago, I went on a



very rigid diet and managed to lose -- I was 215 pounds. My highest was 225, but when I started the rigid diet, I was 215. Got down to 140. The maintenance was the big problem. As soon as I was at goal weight and I could eat food, the plan they had didn't seem to work for me. I tended to want to eat chocolate out of the cabinet. I bake. I love to bake. And I managed the whole time losing to go ahead and bake.

But once I was at goal, then I kept wanting to eat chocolate chips and whatnot. So I vary between the very strict diet and then eating garbage. And I'm currently 168. About four months ago, I moved to Weight Watchers with the plan of using it as a maintenance plan. And that actually has still worked pretty well. I actually found Never Binge Again while I was on that strict diet and during that maintenance time when I was struggling with the chocolate.

But Weight Watchers have managed as a measures plan, but in and of itself has not solved the pig problem. So it still calls me pretty bad, and I have done a lot of thinking in the last week because I know I would have this call. And so I have thought of some things, and I have helped. But I've got a strong pig. Let's just put it that way.

**Dr. Glenn:** So what plan are you trying to follow now; the Weight Watchers plan?

**Linda:** I am following the Weight Watchers plan. And the key things to that are just recording, figuring out how many points or calories, or whatever you call it, it's points in Weight Watchers. But you just record your food, way measure track, record your food. So that's pretty much what Weight Watchers is. Other than that, there aren't a lot of rules on it. That's all it has.



**Dr. Glenn:** How does your food plan read? Do you have a Never Binge Again food plan?

**Linda:** I made one this last week. We'll deal with it. I decided that I was sick of having my pig talk to me all the time about eating, I mean, all the time. I can just get up from food and go do something for 10 minutes and it's wanting me to eat again. I decided that I will eat only at meals, and they will be at least two hours apart and only between the hours of 7:30 a.m. and 7:30 p.m. And that has helped a great deal because all I have to do is look at the clock, hasn't been two hours, okay, shut up, pig. So I really like that rule actually.

**Dr. Glenn:** Yeah. The boundaries give you freedom.

**Linda:** That's been really good, actually.

**Dr. Glenn:** Can I just clarify that a little more?

**Linda:** Sure.

**Dr. Glenn:** So we're eating only at meals. How do you define the beginning and end of a meal?

**Linda:** Oh. I just look at the clock at the beginning of the meal, and that's when it started. Because at the Weight Watchers, I'm also weighing, measuring, tracking, recording, so I'm writing down my meal and I write down the time when I first start eating. And I don't really think about how long it takes.

**Dr. Glenn:** Okay. And that's working for you.



**Linda:** I've actually been losing this last week. So I must not be overdoing.

**Dr. Glenn:** Okay. Well, I don't want to break something that's working for you, so we can leave it at that. I just want to tell you a squeal to watch out for.

**Linda:** Okay.

**Dr. Glenn:** Sometimes, when people do it the way you're doing it, the pig starts to say, "Well, that first meal is not really over yet."

**Linda:** Yeah, yeah. I could see that one coming, but I don't know how to fix that. Is there a way? Do you know a way?

**Dr. Glenn:** I do. The way that most people fix that is they'll say that a meal is no more than an hour from the first calorie to the last.

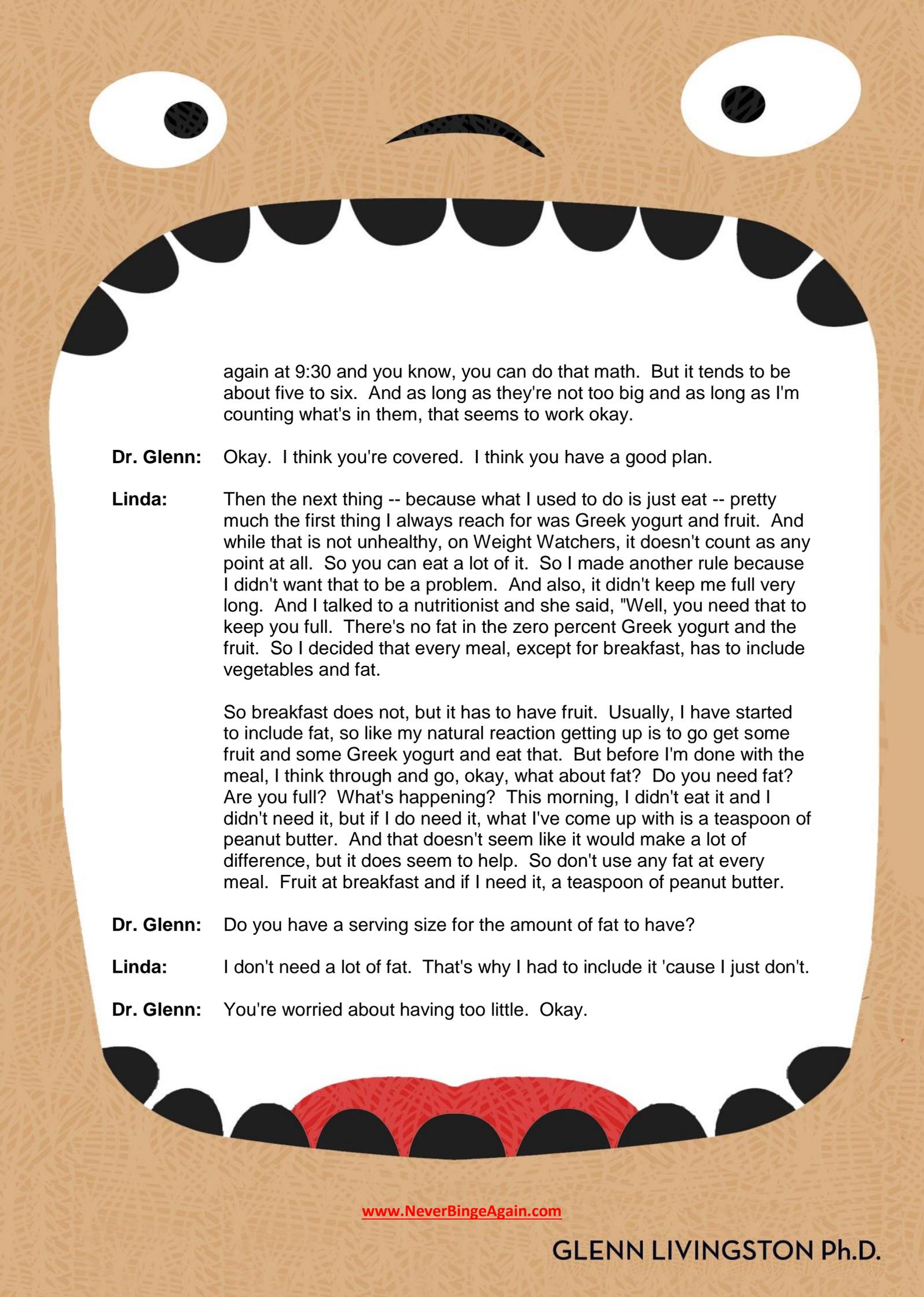
**Linda:** Okay. Meals don't last more than an hour. My meals actually are lucky to last half an hour.

**Dr. Glenn:** Well, you can make it half an hour if you want to; whatever you feel safer with. And I would only suggest that you allow to double it in a restaurant if you go out.

**Linda:** Oh, good point.

**Dr. Glenn:** Yeah, 'cause you have to wait for service and stuff, and so that's a simple way to do it. Okay. Can you have an unlimited number of meals per day as long as they're two hours apart?

**Linda:** Well, when you can only eat between 7:30 and 7:30, then I think I counted and you could fit seven in. But if you ate at 7:30 and then



again at 9:30 and you know, you can do that math. But it tends to be about five to six. And as long as they're not too big and as long as I'm counting what's in them, that seems to work okay.

**Dr. Glenn:** Okay. I think you're covered. I think you have a good plan.

**Linda:** Then the next thing -- because what I used to do is just eat -- pretty much the first thing I always reach for was Greek yogurt and fruit. And while that is not unhealthy, on Weight Watchers, it doesn't count as any point at all. So you can eat a lot of it. So I made another rule because I didn't want that to be a problem. And also, it didn't keep me full very long. And I talked to a nutritionist and she said, "Well, you need that to keep you full. There's no fat in the zero percent Greek yogurt and the fruit. So I decided that every meal, except for breakfast, has to include vegetables and fat.

So breakfast does not, but it has to have fruit. Usually, I have started to include fat, so like my natural reaction getting up is to go get some fruit and some Greek yogurt and eat that. But before I'm done with the meal, I think through and go, okay, what about fat? Do you need fat? Are you full? What's happening? This morning, I didn't eat it and I didn't need it, but if I do need it, what I've come up with is a teaspoon of peanut butter. And that doesn't seem like it would make a lot of difference, but it does seem to help. So don't use any fat at every meal. Fruit at breakfast and if I need it, a teaspoon of peanut butter.

**Dr. Glenn:** Do you have a serving size for the amount of fat to have?

**Linda:** I don't need a lot of fat. That's why I had to include it 'cause I just don't.

**Dr. Glenn:** You're worried about having too little. Okay.



**Linda:** Right. So that's why I said a teaspoon of peanut butter. And like, when I stir fried vegetables for lunch, I use spray oil to stir-fry it and I'm going, well, I need some oil in here and I don't think this spray is really enough, so I put in a tablespoon. And the whole stir-fry is about four servings, so really, a teaspoon is about all I'm going to get. The way I cook and the way I eat, that isn't the main problem that I have. I didn't really focus on that because getting enough in is more of a problem than having too much.

**Dr. Glenn:** So if you have some veggies and fat in every meal, fruit in the morning instead of the veggies, it sounds like, and fat at every meal, and you only eat at meals, which are one hour from the first to last calorie and double at restaurants and two hours apart and you don't eat from between the 7:30 p.m. and 7:30 a.m., how else could you conceivably get in trouble with food?

**Linda:** Well, my biggest problem tends to be that if there's sugar in front of me of any sort, that's the first thing I want. And so, one of the things I haven't been doing is drinking enough water, for example. And I drink a lot of artificially sweetened tea. I don't put milk in it, but I do put Splenda in it. And I drink that pretty much constantly. So I thought about it and I thought, well, I don't really want to give up my tea. But at the same token, it's probably exacerbating the problem of reaching for sweet. And of course, if you're full, you're less likely to, but I decided that before I have any cup of tea, I have to drink a glass of water. So it's kind of a weird rule.

**Dr. Glenn:** I love it. It's great.



**Linda:**

I actually extended it a little. This isn't very formulated. This is the one I really want the most help with 'cause I said, anytime I taste sweet, anytime there's sweetness in my mouth, I want that sweet taste to trigger the reaction that I will stop and challenge what I've got in my mouth and choose whether it is on plan or not on plan. And that's part of why I did the water with the tea so that every time I taste my tea, I think, did I drink my water, is this on plan? So that's like 20 times a day, I'm reinforcing this sweet taste you've got to be careful of. It's just kind of nebulous, you know? Am I going to be sad or sorry that I ate this in two hours? And to do that every time I drink a cup of tea is not really going to work. It seems like it's a little cumbersome, if that makes any sense. But if I ever have sugar, I mean, real sugar, the Splenda, I'm not worried about that, although maybe I should be. But I want to only eat sugary treats if I've planned at least the day before. And obviously, that's not my tea. But I was hoping the water would help me.

Here's the deal, I could have, all day, for this meal, and then I was doing fine. But then I walked past the cookie roller in cleaning the kitchen, and I picked up the stupid cookie and eat it 'cause no one is looking at me and it's a cookie. Well, that's the stuff I want to avoid.

**Dr. Glenn:** So Linda, I'm open to doing it the way you're talking about.

**Linda:** Well, and that's just what I came up with. I was hoping you could help me fix it.

**Dr. Glenn:** Well, I'm wondering if it wouldn't be simpler if you just had a rule which is kind of capturing one of the last things you said, which is that, I'll only ever eat sweets again if I planned it out the day before.



**Linda:** Is that going to be enough? That's what I'm worried about because see, I hadn't planned that cookie the day before. Of course, I didn't have the rule yet, either, so maybe that would do it.

**Dr. Glenn:** Well, this is what it sounds like to me. I think your pig wants to create a situation where you can spontaneously get sweets in your mouth and then just make a judgment right then.

**Linda:** Yeah, I don't want that.

**Dr. Glenn:** I think that might be playing with fire.

**Linda:** I was hoping it would make me stop. That was what I was trying for. I guess my problem is that I've heard it before in several phone calls where somebody will say, "I will never have a sweet taste in my mouth that is there. It is more fruit." Well, if I'm going to keep my tea, and I really want to if I can, then I can't say that because it's artificially sweetened, but it's sweet.

**Dr. Glenn:** Well, but so you could say, the only sweet taste that I'll allow in my diet are whole fruit, berries and artificial sweeteners and tea.

**Linda:** And then say, "Or something that's planned at least the day before."

**Dr. Glenn:** You can if you want to, sure.

**Linda:** Okay. I don't know. I'll have to think about that. If it doesn't work, then I will just have to say never. Yeah, I think the other thing is getting, like you say, cumbersome, trying to figure out how to give myself a warning that that's sweet.



**Dr. Glenn:** Well, it seems to me like it's playing with fire. It seems to me like you're cognizant of the fact that you're having a lot of trouble with sweets and your pig wants to say, "Well, just put it in your mouth and decide afterwards." But you know, that's kind of like the withdrawal method for birth control.

**Linda:** It's not going to work.

**Dr. Glenn:** Right. So I'm thinking, the only sweet taste I'll have in my mouth are whole fruit, berries, artificial sweeteners and tea.

**Linda:** Oh, but that's artificial sweetener, so --

**Dr. Glenn:** Well, do you want that or not?

**Linda:** I do want artificial sweetener. I put it in other places too.

**Dr. Glenn:** Okay. So we'll just have whole fruit, berries, artificial sweeteners and any sweet treat I plan -- I'm going to say I plan and limit 24 hours ahead of time.

**Linda:** Good idea of the limit. That's a good idea.

**Dr. Glenn:** Yeah. That way, you can have it in an unlimited volume and you can decide how much you're going to have 24 hours ahead of time. The only sweet taste I'll ever have again are whole fruit, berries and artificial sweeteners and any sweet treat I plan and limit 24 hours ahead of time.



**Linda:** That sounds good. I like the day prior versus 24 hours ahead because oftentimes, I plan my meals for the day in the evening. And so, if it's a lunchtime event, it's going to be hard.

**Dr. Glenn:** Got it. So the way I have it now, the only sweet taste I'll ever have again are whole fruit, berries or artificial sweeteners and any sweet treat I plan and limit in writing before I go to bed the night before.

**Linda:** Sounds good.

**Dr. Glenn:** You do it one more time just to be sure.

**Linda:** Yeah. The only sweet taste I will have are whole fruit and berries. And that way, I think of fruit, so I kind of almost think that's ridiculous -- and artificial sweeteners and any sweet treat I plan and limit the day prior in writing. That works.

**Dr. Glenn:** Okay. Is there any way else that you can get into trouble if you do all that?

**Linda:** Well, the one I'm most concerned about is like I said, the impulsive stuff; mindless eating, and like I said, with the cookie. And I used to have the biggest problem eating on the phone. And I don't know if I need another rule for that, but I just don't eat on the phone anymore. I don't care how hungry I am. I tell somebody, I've got to go eat, I need to get off, because otherwise, it just gets bad. So I don't really eat on the phone. So at this point, really, I'm not going to plan 24 hours ahead very often. There are a couple of situations like where I'm going to this big conference and they just have great desserts, and so I'm going to want to taste them. But even then, I'm going to say, three bites, or



something like that. So if I have to plan it 24 hours in advance, that will probably limit it pretty well. I can't think of another thing.

**Dr. Glenn:** Okay. Good. You can always add more later if you need to. It's better not to be too restrictive if you can avoid it. Is there anything about this that will interfere with you having enough food?

**Linda:** Oh, not at all. And as a matter of fact, the whole veggie thing has been amazing because one of my biggest problems are, okay, it's time to eat, I'm hungry, what do I eat? And I would always look at Greek yogurt and fruit because I couldn't think of anything else to eat. And I actually had a coach and I asked her what should I eat and her answer was, "Well, what would you eat if you weren't on a diet," you know? And I'm going, "Well, that didn't help me." So veggie first has really helped a lot, and I kept beans and that kind of stuff as a veggie.

**Dr. Glenn:** What would it mean to you to comply with this? If you could do it for a year, what would it mean to you?

**Linda:** The two things that I see is number one, just the freedom of, like I said, not -- that calls me constantly, not having to call you constantly. I mean, first of all, you can concentrate on a phone call a whole heck of a lot better, trying to eat chocolate chips while you're doing it. Sorry, that's just weird, but it's true.

**Dr. Glenn:** I know what you're talking about, sister. I know.

**Linda:** So the rest of life is brighter, I guess, I have to say. And then the other thing is just that I don't feel good in my body. My body doesn't feel good when I'm eating that way.



**Dr. Glenn:** What would it feel like in a year then if you didn't eat like that anymore?

**Linda:** Well, I told you I lost a lot of weight five years ago when I binged, trying to keep it off. But my body feels okay now, except for when I do not behave, and then I just feel heavy. I don't know how to explain it.

**Dr. Glenn:** You feel lighter?

**Linda:** Yeah. You feel lighter, I guess, is what you would feel, and the world is brighter, just like I feel lighter. When I started, my big why was to be able to dance at my granddaughter's wedding. And she's 13. So that's 10 years from now, when I'm 68. So to be able to dance when I'm 68. I mean, I'm not a really good dancer, but anyway, you get the point. If you can dance, you can do most things.

**Dr. Glenn:** Well, it's important to articulate some things in particular because one of the ways the pig keeps us trapped is by hiding our futures from us, hiding the details of the future. So you talked about the mental freedom that would make the rest of life brighter, but what parts of life do you want to be brighter?

**Linda:** At this point, all I was really trying to think of was escaping the pig talking to me all the time and having some freedom to think about other things. I actually spend a lot of time playing computer games, and that doesn't seem like that that would be a big deal. But you know, when you're sitting there and the pig is constantly calling you to get up and go eat something, it just gets in the way of everything. And I have -- like this last week, I told you I've been trying what I had put together. And I've been like, reading books again and I'm not big on exercise or sports or anything like that, but it would be nice if I could do something eventually. But I don't know if that's what you're asking.



**Dr. Glenn:** It is what I'm asking. You'd play computer games better, you enjoy books, you'd enjoy working out and you're going to have mental freedom; freedom to think about other things. What else would you think about, do you think?

**Linda:** Well, family, friends. Yesterday, for example, when I was following my plan and I had a friend who had a problem. We couldn't talk at my house. My husband was here. And I said, "Well, let's go to McDonald's," and she was good with that because you can get apple slices and hot water for tea. And it was around the time when it would be a meal, and that's actually all I ate, was apple slices and hot water. But I could concentrate on her and not the food. Does that make any sense?

**Dr. Glenn:** Yeah. What's her name?

**Linda:** Her name is Dawna, D-A-W-N-A. Isn't that pretty?

**Dr. Glenn:** Oh, that's pretty. So you could concentrate on your relationship with Dawna.

**Linda:** I would say family and friends.

**Dr. Glenn:** Family and friends. Okay. Do you have any pets?

**Linda:** No, I don't. They actually interfered with family and friends.

**Dr. Glenn:** Do you have children?



**Linda:** I do. I have four and they live in various places, some closer than others. So yeah, that was what I was thinking of when I said family. And I told you about my granddaughter, that I'd like to be able to dance at her wedding, but I have more than one. She's just the oldest.

**Dr. Glenn:** Besides dancing at their weddings, is there anything else that you want to do with your grandchildren or your daughters?

**Linda:** I'm thinking back to when I was really heavy when my daughter had her baby, and I hardly could carry the baby in the carrier 'cause she had a C-section and I needed to carry her because I was the only one. Just being able to do stuff, I sometimes watch them, not often, but sometimes. And so, being able to actually play with them. I told you we cooked that meal. We carted a ton of stuff in and out of the house. Just being able to do that is something that I could have done when I was heavier, but it just is a lot harder to do stuff like that if you're heavier. You have to move things from here to there, and that really is harder to do, that kind of thing.

**Dr. Glenn:** Would it have any financial impact on you to be thinner?

**Linda:** I don't think so in my case, except for -- I told you I was 68 already and of course, it's Medicare and stuff. But just health, just in terms of health costs. I was pre-diabetic, and I'm not now. So that was not a good thing to have, even pre. It was not a good thing to have.

**Dr. Glenn:** I know.

**Linda:** And my mom was diabetic. I have a sister that's diabetic and I want to avoid that, and there's heart disease in my family. That's part of what I mean about dancing at my granddaughter's wedding, I mean, first of



all, being alive, second of all, being able to dance. That was the deal. That was where that came from.

**Dr. Glenn:** What happens if you just keep doing what you were doing, you don't follow these rules?

**Linda:** Well, first of all, how do I explain how in a cage I feel when the pig is the boss? I feel like I'm in the cage when it's always talking and saying, "Do this, do this, do this." And I can't do what I want to do 'cause food is everything. That's ridiculous.

**Dr. Glenn:** That's a really good illustration of the nature of the relationship between us and our inner pigs. I always tell people, this is not like loving your inner wounded child and nurturing them back at health. This is more like an alpha wolf keeping in control of the challenger for leadership. Somebody is going to be the boss and someone is going to be the slave. That's how it works out. And we're wired so that we can actually be the boss if we want to. Our neurology is set up so that you absolutely can be the boss no matter what your pig has been saying for all these years. But if you don't consciously and purposely take control, your pig will. Make no mistake about it, and you'll feel like you're in the cage. That's a wonderful illustration. Someone's going to be the boss. It's going to be either you or the pig and it's up to you to decide.

**Linda:** That's pretty much the number one reason I want to be the boss, is because it feels so awful not to be.

**Dr. Glenn:** Yeah. So let's give your pig a chance though before we put it in the cage forever. What are all the reasons the pig says that you can't, shouldn't or won't do this?



**Linda:** What if you're driving to Oklahoma City suddenly and you didn't know you were going and you could go to Cheesecake Factory and have cheesecakes. But it's not been 24 hours, I didn't plan it last night. How is that one? Is that good?

**Dr. Glenn:** Yup.

**Linda:** Okay. So my answer is, well, if I decide tonight before bed that I want to, I can drive down here tomorrow, so forget it, it won't happen today.

**Dr. Glenn:** I'm going to write these all down. It's actually easier to cage the pig if we drain the pig of all of its ideas first. You don't have to answer all these things, I just want to get them all out. But that's fine that you did. That's fine you have a good answer for that one right away. Tell me more. What else does the pig say?

**Linda:** You started to eat that cookie. You can't just throw it away now. How's that? Is that one?

**Dr. Glenn:** Sure it is.

**Linda:** Well, why not? Why can't I throw it away? There's 50 more there. And I know how to make them anytime I want. I won't help the starving children in China anyway. They won't ever get this cookie.

**Dr. Glenn:** That's true.

**Linda:** That's just silly, but you get it. Let's see what else I can think of that it would say. I insist on that that my pig is an it. I tend to make my pig a he. I don't know why, maybe I think it's more ferocious if it's a he, but all the same. It's going to be an it forever. It says that, "You're going to



forget and start eating when you're on the phone again." Well, as soon as I realize it, I'm going to quit. You can't hurt their feelings by not tasting it. How's that one?

**Dr. Glenn:** Yeah.

**Linda:** "You're so focused on your own food that you don't cook well enough for your husband." That's one.

**Dr. Glenn:** Let me understand this. So you focus on your own food, you don't cook well enough for your husband. So you shouldn't bother with all these rules?

**Linda:** Yeah, or you shouldn't focus so much on your food, you should focus on what he wants to eat and make sure that's in the house.

**Dr. Glenn:** You should take better care of your husband and just eat more spontaneously yourself.

**Linda:** Here's another one. You can't tell what that tastes like because I bake. You can't know that it's good if you don't taste it. I cannot think of any more.

**Dr. Glenn:** Let's go over them little by little and make sure that we have the right answers. Okay. So you'll miss out on the best dessert ever if you can't eat it spontaneously when it comes up at the Cheesecake Factory or whatever. And I think you answered that, "Well, you could always plan to go back the next day if you wanted to."

**Linda:** Right.



**Dr. Glenn:** You wouldn't go back the next day, but you could if you wanted to.

**Linda:** I probably wouldn't go back the next day, but I could if I wanted to, so there's no reason for the pig to talk me into eating it now. That's what I meant.

**Dr. Glenn:** Right. Pig said that you started to eat the cookies so you can't throw the rest of it away. I didn't quite understand that.

**Linda:** I think the fact that I said, you can't throw the rest of it away sort of came up because I was thinking of the answer at the same time I was thinking of the question. You started to eat the cookie so you have to finish what you took. Like, that incident I was talking about, I broke off a little piece of cookie, about a third of the cookie, and I took a bite, and then I'm going, "Oh, it's sugar. I really don't want to eat this," but I ate it all because I'm going, "Well, what are you going to do with it now?" And at the time, I didn't think, "Well, why can't I just go throw it away?" But I have since then thought of that.

**Dr. Glenn:** Oh, I see. I see what you're saying. So if you made a mistake not consciously and purposely, but if you find yourself having made a mistake, you'd have to complete the mistake, is what the pig is saying.

**Linda:** Yeah, yeah. And that's not valid. I don't ask you. I can stop. I can spit it out, probably not in that instant, right at that time. I would have to figure something around it.

**Dr. Glenn:** Linda, something that helps some people is to remember that -- to each of us personally, pig slop is poison. If you found yourself accidentally, you have to notice how excited your pig gets about the possibility of you having an accident. But if you found yourself



accidentally having taken a bite of something and you're worried about throwing out, like, well, what would you do if you found some poison? You wouldn't put it back in the refrigerator so someone else can eat it, right? You just throw it out.

**Linda:** Right.

**Dr. Glenn:** The pig says you're going to forget. You're going to eat while you're on the phone. Where is the lie on that?

**Linda:** I have a brain. I could pay attention. I can notice that I'm eating pig slop when I'm on the phone.

**Dr. Glenn:** Let me help you a little bit with that, okay? That's absolutely true. You can definitely pay attention. The other piece of it is that you can think of all of your rules instead of them saying, "I will never," they can say, "I will never consciously and purposely -- blank, blank, blank." So if you say, "I'll never eat while I'm on the phone again," what you're really saying is, "I'll never consciously and purposely eat while I'm on the phone." And if you find yourself eating on the phone 'cause you kind of slipped into it, then you wake yourself up and you say, "Oh, well, I'm not going to consciously and purposely do that, so I'll stop." That prevents the pig from using little mistakes and blowing them up into big mistakes.

**Linda:** Oh, that's good.

**Dr. Glenn:** The pig says you're going to hurt their feelings if you don't taste what they've made. Where is the lie in that?



**Linda:** Well, most people that I know, if I explained it, "I really just can't eat that right now," all of them understand. And like, you said about poison, my daughter is gluten intolerant, and okay, I'm not going to die if I eat it, but it really is, like you say, poison to me. And because I told you I was on that strict diet, I mean, there have been many, many, many times when I have had to do something different than everyone else was eating in order to make it work. So I know it's possible. I just tell them I love them and thank you very much for making it. And it looks delicious, but I don't want any right now, or something to that effect.

**Dr. Glenn:** So what you're saying is they're not going to care so much if you don't care so much.

**Linda:** Yeah, I guess that's true.

**Dr. Glenn:** When the pig says, "You're so focused on your own food, you should really be more focused on your husband's food, know what he wants to eat and you should eat more carefree." Where is the lie in that?

**Linda:** Which is really a lie because everybody needs to be careful of what they eat. But the answer I sort of thought of that, I did say yesterday that there wasn't anything -- he opened the fridge and he said, "There's nothing to eat in here. It's all your food." And I'm going, "You can't eat my food? What's wrong with this food? It's good." But I have, now that I'm starting to make veggie type things for me, I decided I could make more and save some for him. I mean, he can eat that.

**Dr. Glenn:** Yeah. When your pig says you won't be able to bake because you won't be able to tell whether it's coming out good or not?



**Linda:** Which is ridiculous. I have a recipe.

**Dr. Glenn:** And if people tell you what it tastes like afterwards, you can make adjustments afterwards, couldn't you, for the next batch?

**Linda:** Yeah, that's true. I could get others to taste for me too. I've decided it's okay to taste my stir-fry, just not okay to taste my baked goods, cookie dough, that kind of stuff.

**Dr. Glenn:** There you go. That makes sense. How confident do you feel that you are never going to binge again?

**Linda:** I am confident. I like these rules and I like the changes and the answers to the pig. I want to be the boss, knowing that I am the boss because I haven't often had a totally out of control situation that I have had then, where you feel like you have no control and you just eat and eat and eat. And it's not fun. And I don't ever want to get back there again. I understand it. I have to never feed the pig. Does that make sense? Every time I feed the pig, the pig gets stronger and not me. So I never want to feed the pig.

**Dr. Glenn:** Yes. So you understand. We never feed the pig. Let it starve. Poor baby. It ruined our lives in so many ways.

**Linda:** If it's in the corner, in the cage dead, I know that if I feed it, it's going to come alive again.

**Dr. Glenn:** It's alive as long as you're alive. It's just playing dead, yeah. So Linda, how confident are you that you're never going to binge again?



**Linda:** I am 100 percent confident that I will never binge again; consciously and purposely binge again. I am 100 percent confident that as soon that I recognize that I am, if I ever do, which I won't, that I will stop. I know that sounds very convoluted.

**Dr. Glenn:** Well, you can just say you're a hundred percent confident and think of that as a shortcut. That's the dual mindset. You commit with perfection, but you forgive yourself with dignity.

**Linda:** Right. That makes sense.

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

**Linda:** No, I don't. And this step is the hardest for everyone out there, figuring out how are you going to eat, what are you going to do, what rules are you going to make. The one I first started with thinking of making was I will never eat chocolate or sugar again. Well, I couldn't start there, but I have to plan a day ahead, I can start there. And it may, someday, end up that I'll just never eat it again, but at least I'm started. Does that make any sense?

**Dr. Glenn:** Yeah. There's no reason to put off getting started. You can always change the rule if you need to.

For more information on how to fix your food problem fast please visit

[www.FixYourFoodProblem.com](http://www.FixYourFoodProblem.com)

And if you'd like to help OTHERS fix their food problem using the Never Binge Again Method please visit

[www.BecomeAWeightLossCoach.com](http://www.BecomeAWeightLossCoach.com)

© Psy Tech Inc.

[www.NeverBingeAgain.com](http://www.NeverBingeAgain.com)

GLENN LIVINGSTON Ph.D.



All Rights Reserved  
[www.NeverBingeAgain.com](http://www.NeverBingeAgain.com)