

Lori Neiberg – First Session

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TRANSCRIPT BEGIN

Dr. Glenn: This is Glenn Livingston and I'm here with Lori Neiberg. How are you Lori?

Lori: I'm fine, thank you Glenn. How are you?

Dr. Glenn: I'm very well. Looking forward to the call with you. Lori graciously agreed to talk through a little bit about her experience with the book. What it's been like for her to think about a food plan and draw her lines in the sand so that she could isolate her internal fat thoughts from her internal thin thoughts, define her own pig and all those things that we talk about in the book. I've also agreed to help Lori with any aspect of this that she would like help with. So, Lori where would you like to start? Is there anything with regards to your experience of the book that left you curious, uncertain or anything you're struggling with?

Lori: Yes, I loved the book. It definitely gave me a feeling of being curious and thinking I'm going to definitely try this but I'm not sure if I can do it. So, I have a



question with having the thought of always doing something and never doing something. It kind of frightens me because when I tell myself 'never' it almost makes me feel like I'm going to want to do it and if I do cheat and let my pig out I then have a tendency with my personality to beat myself up. Beating myself up isn't a very good quality that I have either. So, I think part of my issue that I saw with the book was being so rigid and how I was going to resolve that issue.

Dr. Glenn: Yeah! That's a very common perception and you're describing the internal battle that makes it difficult for many people to develop more of the impulse control that they really want to for their own confidence, well-being and health pursuits. Let's just talk about both sides of that because absolutely agree and support the idea that if you were to make a mistake, beating yourself up about that mistake and perseverating on the guilt is destructive. One of the things we talk about is the different mindset that's required after a mistake as opposed to before a mistake. It's kind of like your kids had some goal and they wanted to ride a bike race or get into a particular school or climb a mountain or do something that was very important to them, what we wouldn't do is say, "Well, you probably not going to make it so let's not make that goal at all". What we would say is, "I have a 100% confidence in you. Let's study and prepare and make sure you have all the resources necessary to get you to that goal. Let's set out with as much confidence as we can possibly muster. Let's, as a matter of fact, arbitrarily set our confidence at a 100% that we're going to go forward." Now if your child came back and got halfway up the mountain or was rejected by school, you would not beat them up about that. You would say let's pick the next goal, go back and analyze what went wrong, get up again and figure out how we can do this. May be we're going to apply again next year, if we're doing a bike race may be we're going to try a little bit of a different fuel then you would set out with as much confidence and enthusiasm as you could possibly muster. Does that make sense?

Lori: Yes, definitely.



Dr. Glenn: See before a mistake occurs there's kind of a myth in the culture that we should look for progress as opposed to perfection but there's a level of uncertainty inherent in progress that actually is beating you up the whole time. If you go out and say, "May be I'm going to do this may be not", what that really means is you're probably not going to do it. Perfectionism is actually helpful when you're setting out to accomplish the goal. To have an almost grandiose level of confidence that this is how it is, this is what I'm going to do, I'm going to visualize myself on top of that mountain, I'm going to visualize myself in that school, I'm going to do whatever it takes to get there and nobody can convince me otherwise. Those are the people who get to the top of the mountain and get into the school. Now, if you don't get there, perfectionism is the wrong attitude. If you make a mistake then to say, "see you're not perfect therefore you're nothing therefore you shouldn't have any goals. You shouldn't have a goal in the first place, what's wrong with you", to perseverate on that guilt is not well either. So it's a little tricky because there is different mince that you need to take before vs. after a mistake. And that practical basis, most people that I've helped with this approach, they require some experimentation and falling down and getting up a few times in order to really get a plan that they can live with indefinitely thereafter. What do you think of that?

Lori: I like it! Its makes a lot of sense and I definitely understand the thought process of setting out a goal and having this perfection in mind because if you just say " Well may be I'm going to try", It's not going to work because I've done things like that. If I want something I have to say I'm going to do it. I'm going to make it work, if this is going to happen. So I definitely understand that concept. I guess with coaching, this is what I think I said to your before, I think I would need the coaching to help me to be able to not be so hard on myself and to be able to help me get through that. Like you just said, with a little bit of falling down and trial and error may be before it's a complete set plan. So I think that it's almost like a little bit of teamwork. I think if I was doing this all by myself and saying, "This is it! I'm making my food plan. I'm never having this. I'm going to screw that pig", I think I'm going to have a hard time if I



didn't have a little bit of help from the outside with somebody saying to me, "Yeah you fell down, the pig came out. We're going to do it again." Does that make sense to you?

Dr. Glenn: Yes very much on one level and then there is a kind of subtle distinction I'd like to make to help you with this because first of all if you would like to call me back when and if you make a mistake which the appropriate attitude at first is to have is that you're never going to do it again. But if you would like to call me and process that and have our listeners hear you go through that, I'd be willing to do that with you. When you step back and you listen to what the pig might be saying in this situation, when it comes to toxic pleasure the pig is very motivated to talk you out of doing this. It really doesn't want you to make a final plan. It doesn't want you to make this commitment. So part of what is going on, and this is extremely common, is that your pig is saying, "You can't do this by yourself. This is not an independent project. You need a coach and O by the way if that coach happens to fill you then we're just going to throw this out the window and that's that." You know what I'm saying?

Lori: Exactly! Yeah, I get it.

Dr. Glenn: The problem with food in particular when the pleasure becomes too much and we eat to toxic levels, which we all do in our society, right? The problem with food in particular is that it's culturally sanctioned, there is a lot of social pressure to eat the way that everybody else eats and it's extremely pleasurable. The food industry has developed super rewarding food. They've figured out how to push our evolutionary buttons. How can we get the most calories in the smallest base for the least amount of price? We didn't have anything like chocolate bars 15,000 years ago. We didn't have anything; I don't know what your particular evil is, that happens to be mine. We didn't have those types of things. So, the enormous draw combined with the culturally sanctioned indulgence makes it very confusing if you believe that you need to work with another person. Because there's almost no two people on earth that have the same philosophy about exactly what's healthy for them. In part, unless



someone is really trained to listen for the pig, it's difficult. It's difficult to get successful coaching through that.

Lori: I understand exactly what you're saying and it makes so much sense because as I was talking to you before I thought I needed, it was my pig talking. I get it. It was my pig saying I don't whether I could do this by myself because that pig doesn't want to be in there. I get it! I really get it! That's the funny thing. I think I really can do it. No, no, I don't think I can do it, I know I can do it. How's that? I'll tell you why, because I have done things like this before which I think I have mentioned to you. I have kept Kosher. For twenty years I never ate certain things just because it was what I believed in. Nobody was telling me, nobody was helping and nobody was coaching me. I did it all by myself. I did it without my family. I did it completely on my own. That was what I did, so I did it!

Dr. Glenn: And your pig had you convinced that that wasn't possible anymore.

Lori: Right! That pig is very strong. As you said in your book, that pig will do anything to come out. I so get it because I have struggled with it.

Dr. Glenn: Strong when you don't hear it. Strong when you think that its thoughts are your own. But when you can hear it, I can hear the excitement in your voice and the exuberant enthusiasm that comes through when you recognize what's going on, the pig really isn't that powerful. It gets by because it doesn't get heard. It fools you into thinking that you're thinking this as opposed to it thinking that. Would it be helpful to you to talk more specifically about what you want to do or would you prefer to keep that private?

Lori: Yes, I would like to talk about specifically if it would be helpful to you. I think one of the other things that was my concern that I mentioned to you, which I think you said you could help me with, is that I more or less do eat a healthy diet but what I have a hard time with is portion control- which is the whole binging. I could have a



whole bucket of popcorn even if I wasn't hungry and the bucket was in front of me I would eat it. Would that be considered one of my evils because I have this desire to eat a whole bucket of popcorn when I really shouldn't? That I would necessarily put popcorn on my never list and not just popcorn, let's just say I was making turkey for dinner, the turkey was so delicious but I ate three portions of it. So that's kind of what I was hoping you could help me figure.

Dr. Glenn: Sure! Everybody is individual with this and let's start with the notion that you should enjoy your food. Food is a life giving delicious part of the human experience. I want you to construct a food plan that you look forward to everyday for the rest of your life. So the purpose of this is to give you confidence and the ability to be guiltlessly present as you eat and really enjoy the experience going forward. So, we only want to put things on the never list that really are too pleasurable and too difficult for us to just have a modular portion of. You know that said, for many people they struggle for years going back and forth trying to make a rule about how much of X, Y or Z they can have and inevitably decide that it'll be a lot easier to do it never than sometimes. Only you can decide whether that's really for you. Putting it on the never list is as easy as deciding well that's not Kosher, right? Putting it on the never list is as easy as deciding well that's okay that I have this craving, that's okay that this is extremely pleasurable, this is particular kind of pleasure that I'm choosing to forego in my life so that I can have other kinds of pleasures. What's important is that we know we have that ability. Whether you choose to conditionally try to control popcorn for a while, because you enjoy it so much and maybe we could talk a little bit about what rules you have put together for yourself in the past and how well that might have worked or not to try and go over that, it's really up to you and not up to your pig. See, it's very important that we have this well thought through and considerate discussion about it so that you make the choice and your pig doesn't. Why don't we talk about that? What's been your experience with popcorn, if you tried to make a rule to control it and when does trouble for you and that kind of thing?



Lori: I think really me, not my pig, works best when I do say it's better for me not to have it at all. I think afraid, I think it's the pig that says "Don't put it on the never list coz you'll be unhappy about it", but the truth is because I probably wouldn't be able to say only have one cop bowl, I probably would have to put popcorn on my never list and it would just be okay. You see just like with keeping Kosher, once I have made up my mind to do that, then I can do it. That's why I was saying to you that this is an interesting process for me because it scares me to say never but I know once I do it, I work well with it. Does that make sense?

Dr. Glenn: Yeah it's the battle that's difficult. Once you let go then you let go.

Lori: Right! And I do, once I do that and once I make the commitment I'm pretty good, discipline wise, of sticking to it. And that's why I think this will work for me; it's just a matter of making something that is doable.

Dr. Glenn: Are you ever going to have popcorn again between now and the time that you die?

Lori: You mean if I put that on my food plan and say never?

Dr. Glenn: Are you ready to put that on your never list or no?

Lori: If I will ever have popcorn until I die, I probably could do it; if I had to do it; if that was my decision; if I know that I feel really sick after I eat a bucket of popcorn at the movie theatre or even a bag of popcorn at home. Yeah I could probably be fine with it.

Dr. Glenn: I was asking you that question in a very pointed way so we could force your pig out to the surface.

Lori: How so?



Dr. Glenn: Well, now this is up to you. Please don't perceive any judgment one way or another for me, it's up to you. If you were ready to make that commitment and I asked you if you're ever going to have popcorn for the rest of your life then you would say no-I'm never going to have popcorn again for the rest of my life. Everything else that we heard would have been coming from your pig. Probably, maybe, kind of sort of, that's all the uncertainty, that's coming from the pig. That's how you play the game, you draw that line in the sand and you define certain behavior in knowing certain terms and then any uncertainty whatsoever- any doubt, any conditional thoughts that the pig is throwing up- that's all squeal. That all comes directly from the pig at that point. But we can only do that if you are ready to make the commitment. If you need to think about that more, then I don't want to force you into that pointed position because it's uncomfortable.

Lori: You mean with popcorn or just in general?

Dr. Glenn: I want you to have the food plan that you want to have. I was talking specifically about popcorn because a minute ago you were very excited.

Lori: I am excited. I'm going to do this. I want to do this.

Dr. Glenn: Are you sure?

Lori: Yes! I'm going to do it. You keep asking me if I'm sure you're giving me a way out. I don't want a way out.

Dr. Glenn: I want to see if your pig has anything else to say.

Lori: My pig is scared. My pig doesn't want to be locked up there but I really want it to and I know I can. So yes I do. I want to do it.



Dr. Glenn: Lori are you a 100% certain that between now and the rest of your life you won't have even one more bite of popcorn?

Lori: Yes!

Dr. Glenn: Your pig got your tongue didn't it?

Lori: That's a funny thing. It's really funny. But why is it that if somebody asks me if, "I'm going to ever have shrimp between now and the rest of my life". I say no! I haven't had shrimp and I don't put into and I like it.

Dr. Glenn: How come? Why didn't you have shrimp?

Lori: Coz it was in Kosher. And I made a commitment. I made a food plan.

Dr. Glenn: You decided that it was wrong for you?

Lori: Not wrong for me! That was my choice. That was what I chose to do. I wanted to so I said no. And I said, "I'm not having shrimp, crabs and lobster" and I grew up on that stuff.

Dr. Glenn: You have the human ability to abstain for the rest of your life if you want to.

Lori: Yes, I had for 20 years.

Dr. Glenn: And it's up to you and not your pig.

Lori: It's up to me.



Dr. Glenn: So let's try again. Lori, are you ever going to have popcorn, even one bite, between now and the time you die?

Lori: No! No popcorn.

Dr. Glenn: How certain are you?

Lori: a 100%

Dr. Glenn: Are you sure?

Lori: Yes, I'm sure.

Dr. Glenn: Okay! And how does that feel?

Lori: It feels scary, a little bit, it feels like, " Oh my God, am I really not going to have popcorn when I go to the movie theatre? You walk in and you smell that delicious popcorn"...but I know I can do it. If I make up my mind I know I can do it. And I know I'm not going to die. I'm going to survive and still enjoy my movie. I'm still going to enjoy my life. Not having the popcorn is not going to take anything away except not giving me a stomachache.

Dr. Glenn: The pig says it's impossible to enjoy a good movie without a bucket of popcorn, right?

Lori: Wrong! Wrong! Wrong! I can! I love the movies no matter what.

Dr. Glenn: You're getting it Lori. You're getting it.

Lori: I'm getting it!



Dr. Glenn: Do you feel confident to go out and try this now?

Lori: Yes! I do.

Dr. Glenn: Try it for the rest of your life?

Lori: Yes! I do. I can do it.

Dr. Glenn: Do you have any other questions, concerns or thoughts to share?

Lori: It's actually exciting, exhilarating and feels really good to make a plan. I think it feels really good to make a commitment. I feel better, more confident, more in control and I know I feel better when I'm in control of things in my life that I can be in control of. I can't control anybody else so I know that when I make a commitment for me and it's not just a wishy-washy O may be, the positivity gives me a really-really good feeling. So I'll be getting off this phone call and saying "Wow! I'm in control and I know I can do it."

Dr. Glenn: I'm glad that you're thrilled about it. You should be thrilled about it and I will look forward to hearing how you do.

Lori: Okay, Wonderful! Thank you so much Glenn. It's been a pleasure.

Dr. Glenn: One more time before you go. Will you ever have popcorn between now and the day that you die?

Lori: No! No more popcorn.

Dr. Glenn: I look forward to talking to you soon.

Lori: Okay Glenn, Thank you! Have a great day. Bye!



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