

**Glenn Livingston, Ph.D.
and Christine
Phase 1 Almost**

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Dr. Glenn: Well, hey, this is the very good Dr. Glenn Livingston, Never Binge Again, neverbingeagain.com, and I am here with the kind woman, named Christine, who has volunteered to let me coach her through the process and share the results with you so that you can all benefit. Welcome, Christine. How are you today?

Christine: I'm great. How are you doing, Glenn?

Dr. Glenn: I'm very good. So, I understand you read the book a while ago and I'm just wondering if there were any of the concepts that bothered you or you had trouble swallowing or were difficult for you to implement in some way. I'm just kind of curious what that was like for you?

Christine: Okay. I never really implemented your whole system. I read it on a whim, kind of when I was probably doing pretty well in my eating and living just because I was going through all of these programs. It's almost like ensuring that I would not have trouble with food again, if that makes any sense.

Dr. Glenn: Sure.



Christine: The simplistic language -- and I guess the funny idea of the pig, I don't know, like, it didn't really speak to me, but some of the concepts did and then I kind of detached for a little while and then when I started listening to your interviews kind of randomly, it spoke to me a bit more. I'm like okay, this is really making sense. This guy is just practical and to the point and simple and it's not biochemistry and it's not complicated concepts. This is breaking it down. You know, this guy knows what he's talking about and people seem to relate to him.

Dr. Glenn: So, it was the idea of the pig that threw you in the beginning?

Christine: Yeah, it was just like kind of, no, go away, pig, you don't know what you're talking about. It just seemed like too easy.

Dr. Glenn: So, you're telling me that the idea of the pig just seemed a little silly and simplistic to you?

Christine: Right.

Dr. Glenn: Is it something that you're using now or you feel like you don't need it? Where do you stand now with things? Are you struggling with eating at all?

Christine: Yes. I've been struggling the last few months, yeah. And I'm feeling really bad about it.

Dr. Glenn: Okay. You don't have to call it a pig. Are you open to the idea of artificially separating your constructive versus your destructive thoughts about food?

Christine: Yes.



Dr. Glenn: Working with them as two separate mental entities, is that a possibility?

Christine: Yes.

Dr. Glenn: Is there anything that bothers you about that?

Christine: I think maybe because I do know a lot about nutrition and I know a lot about different constructs for why people binge and overeat; I'm just afraid that the pigs, to use your language, would say, you can't just tell me to go away, you know. This is like biochemistry. You know you're addicted to this or just kind of use of that as an excuse, but I mean definitely willing to try.

Dr. Glenn: What your pig is saying is that your biochemistry is too powerful and it creates an overwhelming impulse that can't be dismissed.

Christine: Right. You know, this is what you're fighting and either you're going to say yes and feel good immediately, or you're going to say no, and just want it.

Dr. Glenn: And so you're going to be indefinitely tortured if you try to tell the pig to go away?

Christine: Yes.

Dr. Glenn: Okay. That's interesting. Are you open to the possibility that there could be some irrationality to those thoughts?

Christine: Absolutely.



Dr. Glenn: Okay. And I don't want to put words in your mouth, so I really just want you to be honest with me as we go through this.

Christine: Okay.

Dr. Glenn: Is there anything else about the concepts that we talked about that bothers you like the idea that you might say that you're never going to do this again or you're only going to do this again under certain circumstances; anything that bothers you about that?

Christine: Maybe some of the things that I struggle with like creating maybe sometimes rules are a little more comfortable. It's not like my world is not full of never rules, because I mean, I'm a vegan, you know, I never eat plenty of things and it was very easy for me to give up, say French fries, you know, like, that was easy. So I mean, I'm comfortable with the idea never for some things, but other things just kind of makes me -
- I don't want it to be that I'll never have a piece of birthday cake or I'll never eat a samosa when I go out for Indian food three times a year or something like that. I don't want to say never to everything.

Dr. Glenn: Yeah. You're concerned that I might impose certain never rules or always rules that you're not really ready to implement.

Christine: Right, like seeming too restrictive or impossible.

Dr. Glenn: Yeah. I'm not going to do that. I don't tell people what to eat in any way, shape or form. It's entirely up to you what you believe would be best for you. The goal of this whole process is to give you the power to stick to the kind of person you want to be around food. So even though I never eat chocolate and I never eat sugar flour, most of my clients do. Some of my clients don't, most of them do. Even though I'm a vegan, a



lot of my clients eat paleolithically, a lot of them eat low carb. I might not agree with it, but I'm perfectly capable of helping them to develop the confidence and ability to stick with it.

Christine: And it's like one of my problems as far as getting healthy was quantity, even not binging, but just generally quantity; eating even on an eat-to-live type model, I'm still a quantity eater. And I wouldn't know how to arrange rules around that.

Dr. Glenn: I can help you with that. We'll figure that out in a minute. I just want to make sure that the other fundamental concepts are bothering you too much.

Christine: Okay.

Dr. Glenn: Do you think that overeating is a disease?

Christine: No.

Dr. Glenn: Do you think that people are powerless over their eating?

Christine: Oh, absolutely not.

Dr. Glenn: Okay. Because a lot of people in our culture think that.

Christine: No, I mean I've turned my eating around. I've done it. It's just that sometimes it's a struggle and I just slide back into patterns that I'm not happy with.

Dr. Glenn: Okay. If I'm understanding correctly, it sounds like the basic concepts of the book makes sense to you. You might not like to call it a pig. Or



it's more so that the idea that you could just say no if you weren't taking good enough care of your biological needs, that that seemed silly, that's seems unreasonable. Like for example, it would be impossible to say, I will never pee again, because sooner or later, your body is going to force you to pee, right?

Christine: Yes.

Dr. Glenn: And so once in a while if I have a client that comes to me and says, "My food plan is I will never eat again," that's not reasonable. They couldn't just tell the pig to go away because they have to eat something.

Christine: Giving up, giving up eating.

Dr. Glenn: Yeah. So are you and I on the same page about that that we have to come up with a very reasonable plan that you want to follow that's nutritionally complete and satisfying?

Christine: Yes.

Dr. Glenn: Okay. Why don't we talk about what that would be then? Do you want to start with maybe just one rule, maybe something for quantity, or do you feel like you need to make a whole plan?

Christine: I seem to have trouble with bingeing specifically. I noticed like when I'm home alone, I don't really understand what that's about. I don't understand it at all. I don't know if its connected to something.

Dr. Glenn: What happens when you're home alone? Tell me what a binge really is for you? Could you describe the events?



Christine: Sure. If it's the weekend and my husband goes out to do yard work and I go into the kitchen, I eat a banana and I'll go back, I'll eat another banana. And then I'll decide, oh, some of these cheese that I made, here, let me just eat a little bit of that on an apple, or just little bits and pieces until I'm eating vegan chocolate chips at the end of it. When I finally am just like, is this what you want? This is what I'm getting over to give. It's just going to make you go away from the sixth time I've gone into the kitchen to eat something and then I kind of just collapse into a pile of chocolate chips or something like that.

Dr. Glenn: Got you. So you're kind of grazing and it escalates and before you know it, you're eating things that you're not proud of.

Christine: Exactly. And things that I would never eat during the week; something that would just not happen to me.

Dr. Glenn: I want to reassure you that we're not going to make any commitments at this point, not until the very end of the session. And so, it's really safe to talk about your ideas. So we're just talking about where you might like to go with all this. What would like to happen on the weekends instead? How would you like to eat on the weekends ideally, if it were possible?

Christine: Well, generally, during the week, I follow like an intermittent fasting protocol. And on the weekends, I like to be a little more flexible with that, eat in a bigger window, just eat planned meals on the weekend, so definitely have a limit to the amount of cocktails or drinks I can have because that feels bad eating, and take it easy with the nuts, Christine.



Dr. Glenn: Okay. Just eat planned meals, limit the drinking, and take it easy with the nuts. So, could we get a little more quantitative about that? So if your food intake window for intermittent fasting during the week is -- what is it? What's your food intake window?

Christine: It's anywhere from kind of like a one meal a day thing to maybe like a five-hour window. And it usually consists of maybe like some fruit at work or something before I leave, just so I'm not starving when I get home and then dinner, and maybe a piece of fruit after dinner, but no nighttime eating. I'll eat, it's like kind of a top off the meal with a piece of fruit as a dessert and then done.

Dr. Glenn: Got it.

Christine: And I'm comfortable with that, I'm not hungry during the day. I'll just drink some black coffee. If I'm really hungry, I'll walk down to the 7-Eleven and get 2 bananas for a dollar and go back to my desk, and I'm pretty happy with that.

Dr. Glenn: And then when it comes to the weekends, is there a lot of variety so like you could be able to plan different meals for different weekends, or would you want to eat most of the same thing every weekend?

Christine: I like variety, but I am afraid that that fuels the pig.

Dr. Glenn: What if you made the decisions on like a Thursday or something, so if you had something which said, "I'll never go to bed on a Thursday night again without planning up my meals for the weekend," what would that be like?



Christine: That could work. I mean, I am a planner. I like to cook and we do eat most meals at home. It's usually just maybe one meal out on the weekend, rarely two. We don't eat out a lot at all.

Dr. Glenn: So if you left yourself the spontaneous exception of going out to eat once or twice for a meal on the weekend?

Christine: Sure. You could say over the course of the week, but I only go out twice or something like that.

Dr. Glenn: I see.

Christine: We rarely go out during the week, like, for dinner.

Dr. Glenn: Okay. So if you said I always plan my weekend meals before bed on Thursday nights -- and I'm just saying that because it sounds like you feel pretty sane about food during the week.

Christine: Oh, yeah. And I food shop on Friday usually. I work from home on Friday, so I will go out first thing in the morning on Friday and go food shopping and I can usually wait -- well, I have like a bigger window of eating on Friday usually, I suppose, maybe eat a big salad or something at 2 o'clock.

Dr. Glenn: Okay. Something like, I always plan my weekend meals in full on Thursday before I go to bed. I'm also saying I will never have -- you can correct these if you want to -- more than two restaurant meals per week. Is that enough?

Christine: Oh, yeah. That's plenty.



Dr. Glenn: Okay. And do you want to have anything about alcohol or nuts for the weekend?

Christine: I'm trying to say like, a three drink maximum over the course of the entire weekend.

Dr. Glenn: Okay.

Christine: And then, I don't know. I'm not saying it's tough for me. I eat peanuts because I figure it slows me down, but honestly, I can eat a lot of shelled peanuts.

Dr. Glenn: Mm-hmm.

Christine: So I don't really even know where to put that quantity at. What's reasonable where it's still like, a treat to have one beer and some peanuts where it's not like a free for all.

Dr. Glenn: If you measured it in handfuls, would it be one handful, two handfuls, three handfuls?

Christine: I don't know if that's quantitative enough for me.

Dr. Glenn: Okay. What would be quantitative enough?

Christine: I don't know; two cups of peanuts in the shell, which would be about half a cup of shelled peanuts, I think. I don't know, I'd have to see. I have to do a test.

Dr. Glenn: Okay. Never eat more than two cups of peanuts in the shell per calendar day, per the weekend?



Christine: Once on the weekend.

Dr. Glenn: Okay. So never eat more than two cups of peanuts in the shell per calendar weekend?

Christine: Yup. That would be a thing that I'd have to try and then see whether I'd have to just create a specific situation about it. I could only eat peanuts when, rather than -- so I'm not doing it every weekend.

Dr. Glenn: Okay, or do you want to say that I'll never have peanuts two weekends in a row?

Christine: That sounds good.

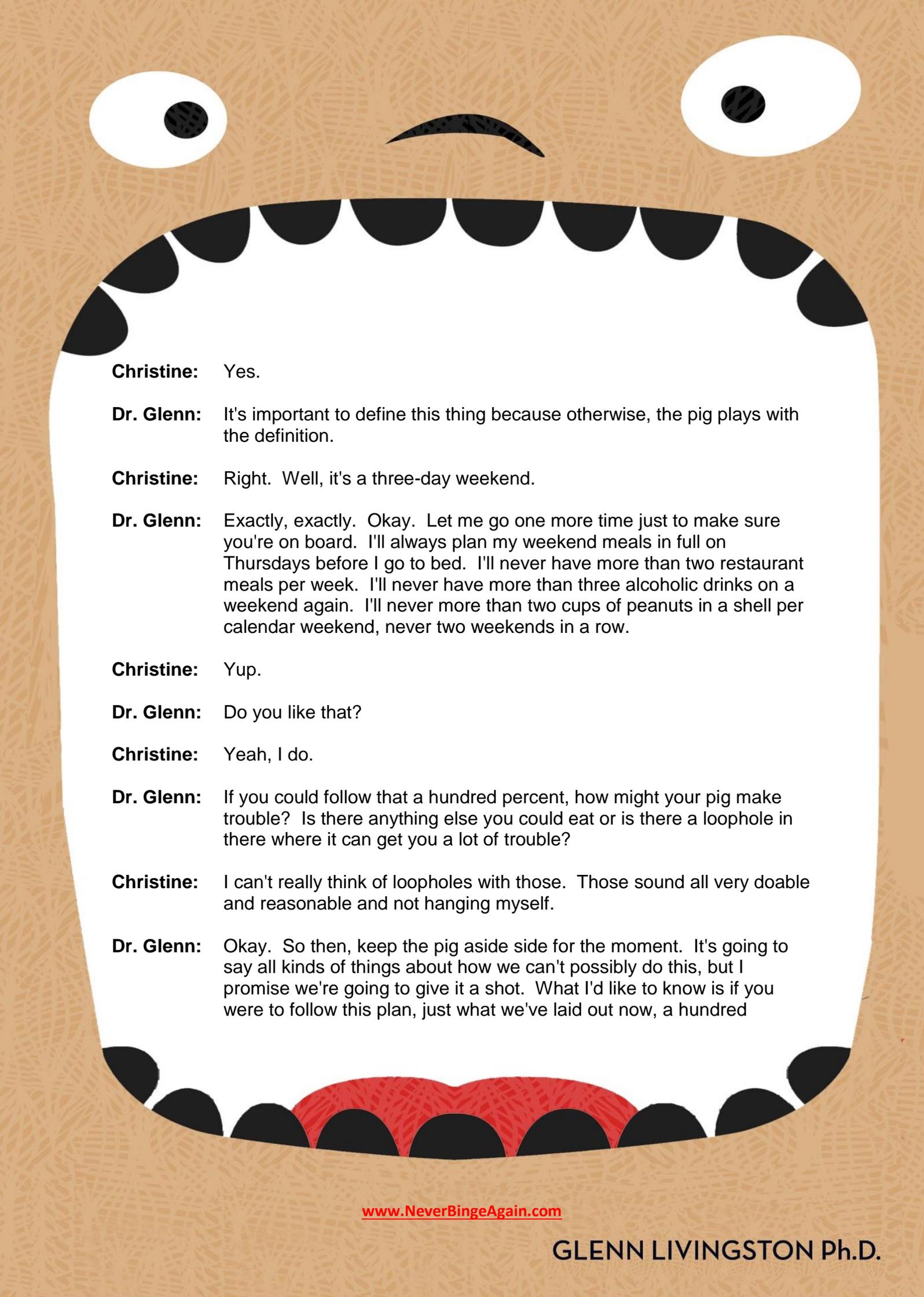
Dr. Glenn: So what I have here -- I just want you to take a breath and see how this feels and tell me anything that's uncomfortable about it. I always plan my weekend meals in full on Thursday before I go to bed; I'll never have more than two restaurant meals per week; I'll never have more than three alcoholic drinks on the weekend, and I'll never eat more than two cups of peanuts in the shell per calendar weekend again, but never two weekends in a row. What do you think about that?

Christine: Very reasonable.

Dr. Glenn: Okay. How are you defining the weekend?

Christine: Friday night to Sunday.

Dr. Glenn: Okay. So Friday night at 4 o'clock, um, through Sunday at midnight?



Christine: Yes.

Dr. Glenn: It's important to define this thing because otherwise, the pig plays with the definition.

Christine: Right. Well, it's a three-day weekend.

Dr. Glenn: Exactly, exactly. Okay. Let me go one more time just to make sure you're on board. I'll always plan my weekend meals in full on Thursdays before I go to bed. I'll never have more than two restaurant meals per week. I'll never have more than three alcoholic drinks on a weekend again. I'll never more than two cups of peanuts in a shell per calendar weekend, never two weekends in a row.

Christine: Yup.

Dr. Glenn: Do you like that?

Christine: Yeah, I do.

Dr. Glenn: If you could follow that a hundred percent, how might your pig make trouble? Is there anything else you could eat or is there a loophole in there where it can get you a lot of trouble?

Christine: I can't really think of loopholes with those. Those sound all very doable and reasonable and not hanging myself.

Dr. Glenn: Okay. So then, keep the pig aside side for the moment. It's going to say all kinds of things about how we can't possibly do this, but I promise we're going to give it a shot. What I'd like to know is if you were to follow this plan, just what we've laid out now, a hundred



percent for a year, I know the pig says it can't be done, but let's say it could, what would be different in your life a year from now, if I spent a day with you, how would your day be different?

Christine: The self-loathing would be much lower. I wouldn't wake up the day after a binge and dislike how I felt, how my stomach felt, how I felt mentally. It wouldn't fuel a sense of panic, if that makes any sense, in me, like desperation that fuels the pig even more. It seems like the pig gets excited when I get desperate. And I think it would help my depression immensely.

Dr. Glenn: Sure.

Christine: Food-related depression.

Dr. Glenn: Yeah. No, there's really such a thing.

Christine: Yeah, for sure.

Dr. Glenn: I'm writing this all down so we can go back to each one to help your food-related depression. One of the things that the pig does to help you from seeing the positive future that's waiting for you, if you work on this, is it likes to state things in the negative. So let's just kind of turn this around. So if your self-loathing were lower, what does that mean you'd feel more confident or have better self-esteem, what would that mean and how would I observe it?

Christine: I would feel better about getting dressed in the morning. I'd probably feel a little better about going to work.

Dr. Glenn: What do you do?



Christine: I work in children's publishing. I head a rights and permissions department.

Dr. Glenn: Oh, great.

Christine: If you ever need help, let me know.

Dr. Glenn: That's good to know. No, I know some people, so okay, good. Better to go to work.

Christine: Yeah. Of course, social situation, sometimes I won't go out because of how I'm feeling about myself. I just could not imagine putting on clothes and going out because I feel not at home in my body, and like, I can't face other people.

Dr. Glenn: So you'd feel more at home in your body, more inclined to make connections with other people because you wouldn't be carrying the shame and the bloating and everything?

Christine: Yes, and I'd feel better going to my dance group that I belong to, like, I wouldn't have such a hard time like, getting out to that.

Dr. Glenn: Do you enjoy that?

Christine: Oh, I love it.

Dr. Glenn: What kind of a dance group is it?

Christine: 1920s Chorus Girl.



Dr. Glenn: Oh, wow.

Christine: You could look at my Facebook page. We're on TV for Thanksgiving.

Dr. Glenn: Oh, wow. I'm going to do that. Wow, that's great.

Christine: Okay.

Dr. Glenn: Okay. So you get to go out to your dance group and do more Chorus Girl dancing.

Christine: Yes and those girls do all kinds of things. So like a lot of opportunities come out for dancing and all kinds of classes, you know, a lot of it is like active stuff that if I'm not feeling comfortable with how I look in my workout wear or just mentally, like, I have a hard time just doing with other people, really.

Dr. Glenn: Okay.

Christine: That brain fog.

Dr. Glenn: Are those the social situations that you're talking about, it's mostly the dance or is it other things too?

Christine: Oh, other things too. Just putting on my clothes when going out, sometimes it's hard because I get depressed about not being able to control that out-of-body bingeing experience. Afterwards, I just can't relate to that person and I don't understand.

Dr. Glenn: Are there particular set of clothes that you'd like to be able to wear in a year if you could follow this?



Christine: I have a closet full of clothes. About a year and a half, I was doing really well and I kind of even just got rid of my skinny clothes. I've gotten skinnier clothes, that's what I'd like, the tinniest clothes in my closet that I am not putting on. So yes, there are plenty of clothes.

Dr. Glenn: Could you describe one outfit in particular? It's helpful if you can really visualize one thing you wish you could put on.

Christine: Sure. Today, I'm going to a wedding in Long Island in March and I have a gown that I bought for this charity thing that I went to with my husband and I only wore it once and I thought, oh, this would be like this is going to be a fun wedding. I'd love to wear it. It's kind of like an art deco pattern and it's totally straight and sequenced from head to toe, one shoulder. And it's really one of the first fancy things I bought for myself when I got really, really thin and I would love to wear that in the middle of March.

Dr. Glenn: Terrific. Okay, call that the art deco wedding outfit.

Christine: Mm-hmm.

Dr. Glenn: Okay. What would it mean to you to feel less desperation and panic? You'd feel more confidence and calmness, is that -- I would phrase it in the positive?

Christine: Yeah, absolutely lighter mentally, not just physically, carefree, putting on my motorcycle clothes.

Dr. Glenn: Okay.



Christine: You know, like I just -- all of that.

Dr. Glenn: Where would you go in your motorcycle clothes?

Christine: Well, I ride a motorcycle, so yeah, just putting on the skinny jeans and the boots and the gear and just feeling like, I look good riding my good-looking bike.

Dr. Glenn: That's great. What would you do with that lighter mental feeling? Why would that be important to you?

Christine: What would I do with it? I'm not really sure how to answer that.

Dr. Glenn: It's okay. You're doing great. You talked about not waking up feeling bloated, so the way to set that in the positive, I guess you'd feel lighter and freer in your digesting system?

Christine: Yeah. Almost like waking up with the feeling of hunger, a good kind of hunger, knowing that my body has had a chance to rest from digestion and I stopped eating when I was supposed to the night before, and that alone motivates me to have a good day, eating wise.

Dr. Glenn: Oh, you said that your depression would lift, your food-related depression would lift. Talk to me about that. Why would that be important?

Christine: It changes how social I am. It changes how I interact with people, even speaking with people on the phone, it would change that. Just reaching out also to other people. I think I would just sequester myself a little too much when I'm not feeling well, also improve communication with my husband.



Dr. Glenn: Who would you reach out to?

Christine: If I had a free afternoon, maybe reach out to one of my dancing friends, just make plans; reach out to maybe my dad, say hello or a family member. Just when I'm not feeling good about myself, I have a hard time communicating with other people. It seems like I withdraw.

Dr. Glenn: It seems like building and integrating your sense of community.

Christine: Yeah.

Dr. Glenn: Okay. How would this impact your relationship with your husband?

Christine: Well, if we're communicating more, that's a good thing, and if we're doing more things like going out on our bikes, that's a good thing. If I want to go out and when I seem motivated to go out and do things, then we're having a happier relationship.

Dr. Glenn: That makes sense. Is there anything else that would be different in year? Some people say they're going to be making more money because of the impact they would have with their work. I'm not saying that's always the case, but some people say that would be the case.

Christine: I think the only way it would impact my work would be to be more not social, like out of the office social, but just speak with more people and connect with people more and just changed my attitude at work because I'm not feeling, oh my god, I just had the worst weekend of eating and I just feel so horrible about myself. That weighs still heavily on my mind that it just changes how I can communicate and how I



carry myself and coming in on Monday and feeling, oh, that was good. That was a good weekend. That feels really good.

Dr. Glenn: Christine, if I switch paradigms and I say, well, what happens if you just keep being the way that you are for the next year? What happens if you don't adopt this new plan or something like it?

Christine: I'm going to find myself where I was a couple of years ago, where I was overweight and struggling to find an answer. And I don't want to give up what I've had in the last year and half, that I felt good and in control, like I don't want to give up those things. Just changing as an adult woman just felt so liberating and kind of felt like a -- just a butterfly, really, you know. Like something -- that's it. I've been struggling with this my whole life. I figured it out. You know now, I feel like, oh no, I don't want to go back to before that.

Dr. Glenn: Got it. If you don't do something, then you could slip back to where you were, lose the butterfly wings.

Christine: Yup.

Dr. Glenn: Okay. Well, what would you think about giving your pig a chance? Now that we can really see what the rules that you'd like to follow with be in the future that could support, why don't we find out from the pig what are all the reasons it says that you can't, won't or shouldn't do this?

Christine: Okay. Do you want me to start attacking something?



Dr. Glenn: Yeah, list them all out and don't worry about coming up with an answer just yet. Just list them all out and we'll attack them one by one afterwards. I'll write them down.

Christine: Okay. All right. What if you get invited to a bunch of things in one week and you have to eat out of the house more? What if your husband wants to drink more or is upset you don't want another drink?

Dr. Glenn: Mm-hmm. I'm writing them down.

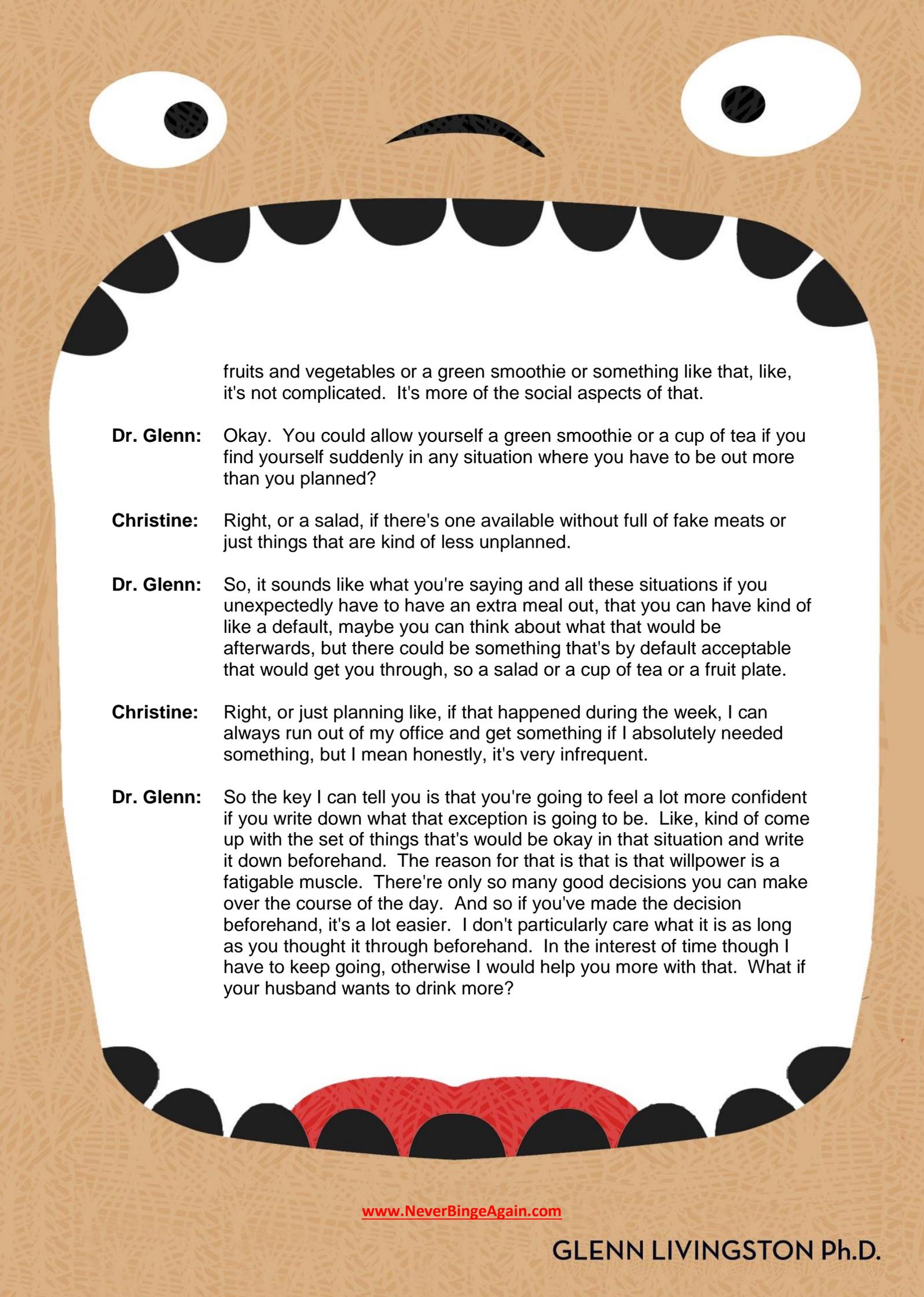
Christine: What about when you go to a bar and there's unlimited peanuts there, you're not going to be able to stop yourself because you're having a drink. What about when you're on vacation and you like to travel a bit? And -- I'm trying to think of the other -- what if you had a really busy week, how are you going to plan your meals around that.

Dr. Glenn: Okay. So shall we talk about these?

Christine: Sure.

Dr. Glenn: So if you're invited to a whole bunch of things over one weekend and you're going to have to eat out more, what would you do then? Will we need to alter the plan in some way?

Christine: I think it would happen like, over a week rather than just a weekend as far as the eating out. But I mean, honestly, I've done it before and with the intermittent fasting, one really nice thing about when I'm in the groove is that, you know, you realize that nutrition isn't an emergency at any time. You know, you do not need to constantly feed your face. And I have gone out and not eaten before, you know, or just a key or something like that and not hard to feed. Like, I'm happy with eating



fruits and vegetables or a green smoothie or something like that, like, it's not complicated. It's more of the social aspects of that.

Dr. Glenn: Okay. You could allow yourself a green smoothie or a cup of tea if you find yourself suddenly in any situation where you have to be out more than you planned?

Christine: Right, or a salad, if there's one available without full of fake meats or just things that are kind of less unplanned.

Dr. Glenn: So, it sounds like what you're saying and all these situations if you unexpectedly have to have an extra meal out, that you can have kind of like a default, maybe you can think about what that would be afterwards, but there could be something that's by default acceptable that would get you through, so a salad or a cup of tea or a fruit plate.

Christine: Right, or just planning like, if that happened during the week, I can always run out of my office and get something if I absolutely needed something, but I mean honestly, it's very infrequent.

Dr. Glenn: So the key I can tell you is that you're going to feel a lot more confident if you write down what that exception is going to be. Like, kind of come up with the set of things that's would be okay in that situation and write it down beforehand. The reason for that is that willpower is a fatigable muscle. There're only so many good decisions you can make over the course of the day. And so if you've made the decision beforehand, it's a lot easier. I don't particularly care what it is as long as you thought it through beforehand. In the interest of time though I have to keep going, otherwise I would help you more with that. What if your husband wants to drink more?



Christine: Tell him that he can and get a seltzer is usually what I want to do, but if I have the rule is only three drinks a weekend then say, there is a like a huge party and I have three drinks on one night, I'm not going to drink on the other night. That's going to be it. If that happens on a Friday, I have to deal with that Saturday and Sunday because I have maxed out. Just not avoiding going out is good for me and I need to be comfortable just ordering seltzer or being okay with it.

Dr. Glenn: Got you. What if you're at a bar and there are unlimited peanuts and you're drinking?

Christine: Recipe for disaster. I don't know. I need to make the rule; either I won't eat the nuts or I eyeball my quantity and just put it aside.

Dr. Glenn: Which one would you prefer?

Christine: Not eating it.

Dr. Glenn: So you don't eat peanuts in a bar?

Christine: I don't. Sometimes, I bring them. It sounds really strange, but as a vegan, there isn't always the option with some of these bars and -- or we'd go to like a motorcycle event once a year that has kind of like stadium foods like hotdogs and stuff, so I will sneak the peanuts in at my purse. So that's easy because I get to just bring in the right quantity.

Dr. Glenn: Okay. So you don't eat peanuts in a bar unless you brought a premeasured amount?

Christine: Yes.



Dr. Glenn: Okay. That's easy. What about when you're on vacation?

Christine: I don't know. I think I would have to relax a drink rule, otherwise I'd feel like I was in jail and obviously the eating out rule, although we usually do stay at Airbnb's and I manage to like ruffle up some things, but definitely more eating out.

Dr. Glenn: How much would you like to relax it?

Christine: Do we really have that much of a problem bingeing on vacation, to be honest? I think I'm so busy that it's not an issue.

Dr. Glenn: Is it safe to suspend all your rules on vacation?

Christine: I think so. I think I would like to maintain a smaller eating window on vacation where it's like a maximum eight-hour window.

Dr. Glenn: Okay. So on vacation, you have a maximum eight-hour window to eat, but otherwise, the rules are off?

Christine: Yeah.

Dr. Glenn: Okay. I want you to watch this one a little carefully because it sounds like something my clients have had some trouble with before.

Christine: Okay.

Dr. Glenn: It could very well work for you. And what if you have a really busy weekend and -- I can't read my handwriting, what was the rest of that?



Christine: And I can't plan the meal, I guess, would be the fear, you know, that I wouldn't be eating meals at home, but I mean, I guess it would have to be really unexpectedly to throw me off. Another nice thing about the shorter eating window is that it kind of reels that in a little bit too, where it's like, okay, sometime in the day, you can grab a salad somewhere or if I say, I have rehearsal and then I have something socially afterwards, I mean, I could even bring something if there wasn't a plan to go out, I mean, there's no reason I couldn't bring something. I'd much rather eat my own salad than the salad on a restaurant, that's for sure.

Dr. Glenn: Got you. Also, how confident are you that you're never going to break these rules again?

Christine: It all sounds really simplified and easy and digestible.

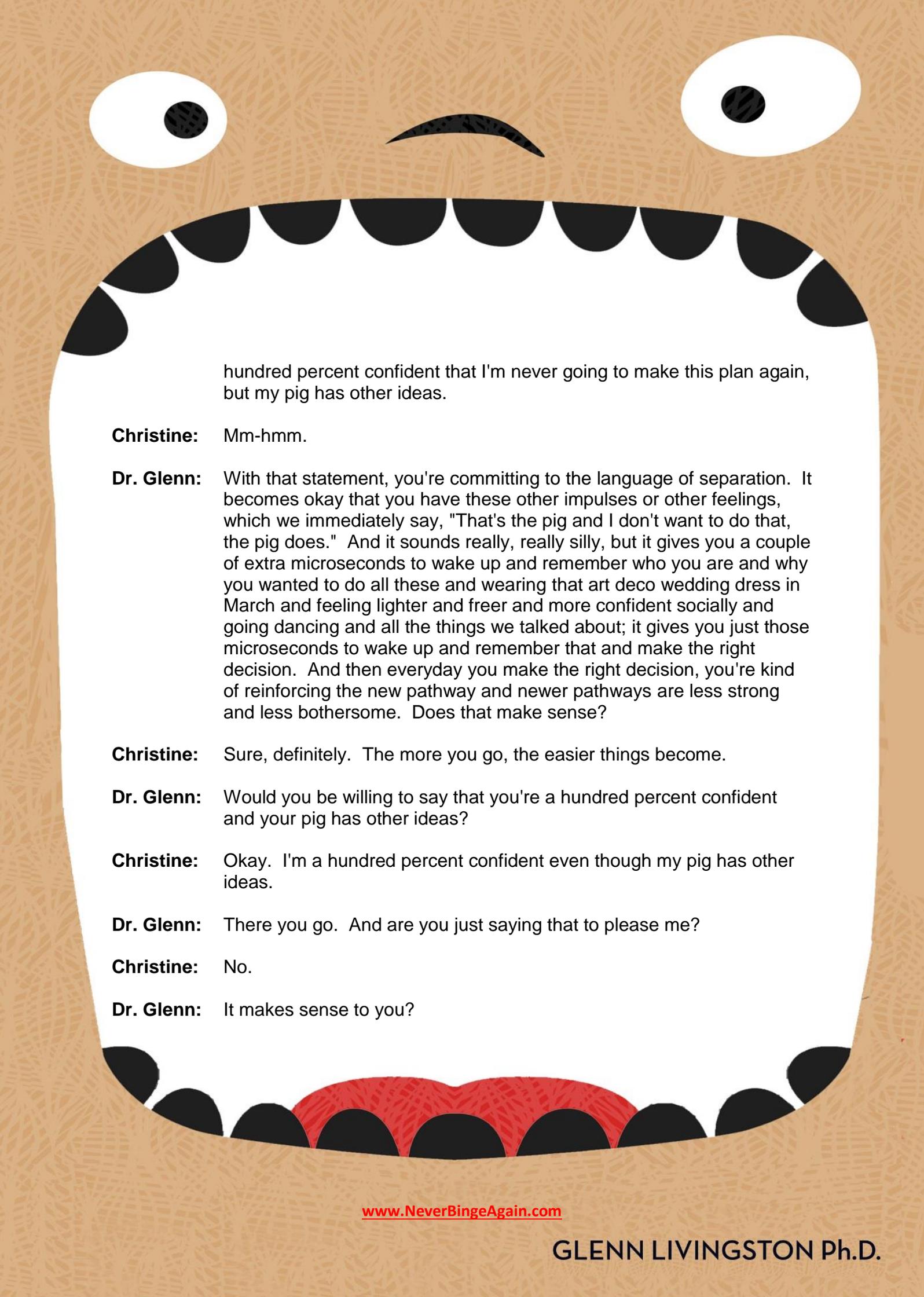
Dr. Glenn: So, if I ask you to give me a number from one to a hundred percent, how confident are you that you're not going to break them?

Christine: I -- it all sounds good, 95 percent?

Dr. Glenn: 95 percent. And where's the other five percent coming from? Where's that five percent making you feel insecure?

Christine: Because I have a hard time thinking anything a hundred percent, but I shouldn't. It's not really how I live my life.

Dr. Glenn: So that's a perfect answer and the reason you can't get to hundred percent is because you can't really eliminate your lizard brain, you have all these memories. What you can do with a hundred percent is commit to separating your constructive human identity from the pig. And the way that that'll work is you'll say something like, well, I'm a



hundred percent confident that I'm never going to make this plan again, but my pig has other ideas.

Christine: Mm-hmm.

Dr. Glenn: With that statement, you're committing to the language of separation. It becomes okay that you have these other impulses or other feelings, which we immediately say, "That's the pig and I don't want to do that, the pig does." And it sounds really, really silly, but it gives you a couple of extra microseconds to wake up and remember who you are and why you wanted to do all these and wearing that art deco wedding dress in March and feeling lighter and freer and more confident socially and going dancing and all the things we talked about; it gives you just those microseconds to wake up and remember that and make the right decision. And then everyday you make the right decision, you're kind of reinforcing the new pathway and newer pathways are less strong and less bothersome. Does that make sense?

Christine: Sure, definitely. The more you go, the easier things become.

Dr. Glenn: Would you be willing to say that you're a hundred percent confident and your pig has other ideas?

Christine: Okay. I'm a hundred percent confident even though my pig has other ideas.

Dr. Glenn: There you go. And are you just saying that to please me?

Christine: No.

Dr. Glenn: It makes sense to you?



Christine: Yeah, and it sounds easy. It sounds doable where I still live. I don't feel suffocated by the plan.

Dr. Glenn: Good. Are there any questions or concerns that you have before we wind down?

Christine: Maybe if it wouldn't take too much of your time, when I have a party, maybe if I could think of something to have, like a rule about that, about eating. I seem like running around like a crazy person and back and forth and helping people and you know, I'm not like the hostess that's sort of sitting down, otherwise I don't get to enjoy it, but I do love to throw a party and cook food. So maybe I could make some kind of a special eating rule about party, but I don't really know how to start that.

Dr. Glenn: What would it be? What would you want to be able to do at a party that you can't do through the other rules?

Christine: I mean, I guess as long as I wasn't eating uncontrollably. You know, maybe if I planned exactly what I was going to eat from what was available. I guess if you're throwing your own party at least you know, but they won't know.

Dr. Glenn: You could plan any exception you want to as long so you wrote it down 24 hours beforehand?

Christine: Yeah, that sounds good.

Dr. Glenn: That works for some people. That works really well for some people.



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