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**Dr. Glenn:** Well, hey, this is the very good Dr. Glenn Livingston with Never Binge Again. I'm here with Kirsty who has agreed to let us record this session for everyone's benefit so you can all get insight into her struggles and how they resonate with yours and the solutions that might resonate with solutions for you too. So Kirsty, how did you find Never Binge Again? Can you tell me a little bit about your struggles and your story?

**Kirsty:** Yes. I found Never Binge Again really, really good. Probably my whole adult life, which is 25, 30 years now, I've been struggling with my life and tried just about every diet, program out there, and always had success in losing weight, but then would just put it back on in time.

So I think for me, Never Binge Again is different, and for the first time, I can see myself reaching my goal weight and keeping the weight off because the way that it's different is struggling with my relationship with food and the psychology, so I'd rather binge with to eat because we all know what to eat. But it all just comes back on when you go back to old habits.

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

GLENN LIVINGSTON Ph.D.



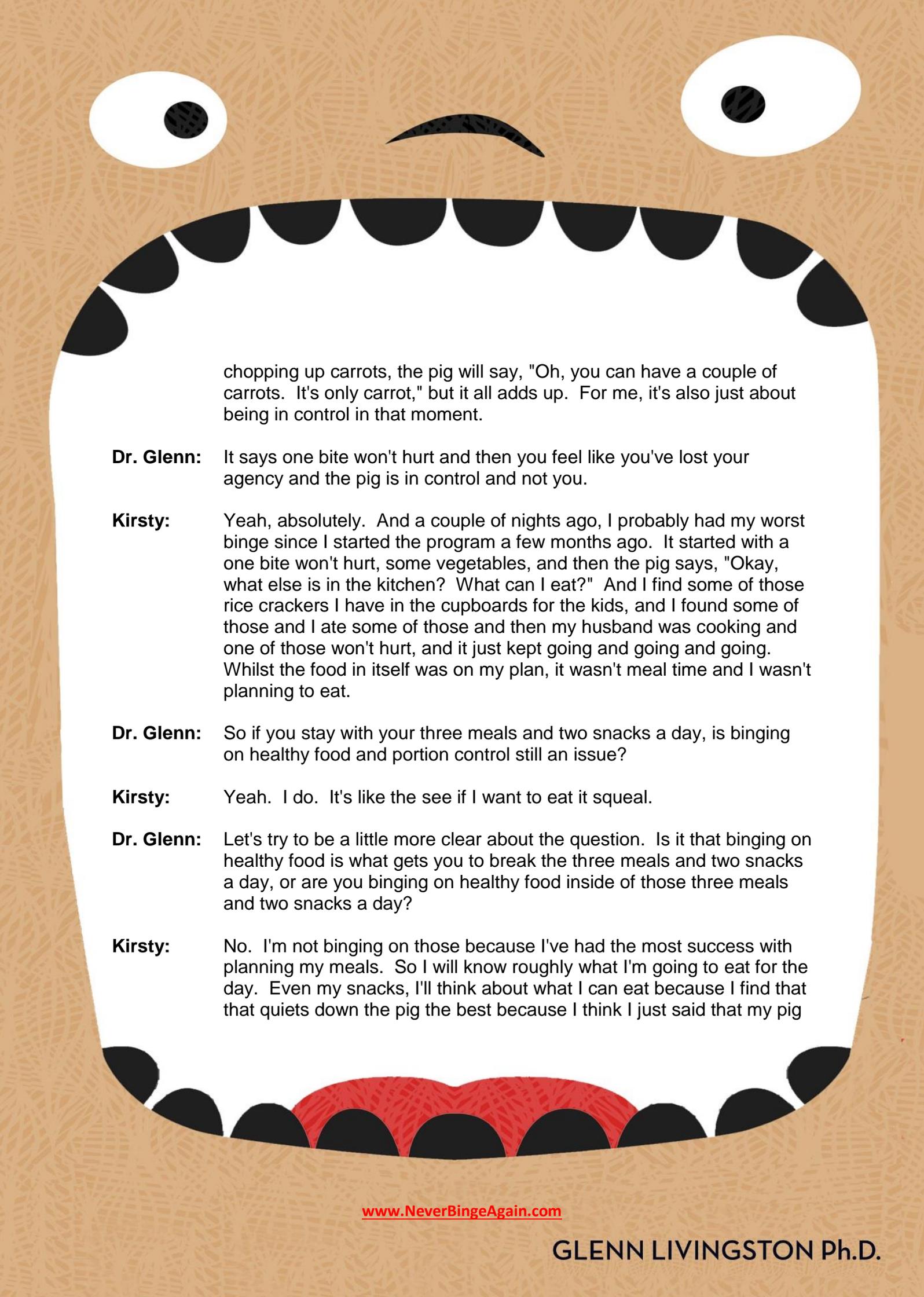
**Dr. Glenn:** So would you mind being a little more specific about what you've done with it and where you might need help?

**Kirsty:** Yup. So for me, when I started actually getting a plan around food, that was pretty amazing. I guess where I do need help though, even after a couple of months, is binging on healthy food and portion control. So my plan is basically following an eating real food plan. And I originally, where I had a lot of success in the beginning was, to say that in my plan, I eat three meals and two snacks. And what I find is when I'm in the kitchen preparing food for my children, I have a five and a three-year-old, I feel a bit vulnerable around food, even healthy food.

And so my food plan says I can't snack until 4 o'clock in the afternoon, and then my second snack, I can have after dinner if I want something for dessert, like yogurt or some fruit or something. And I still find that's sort of my challenge time, being in the kitchen around food and picking on leftovers from the children, vegetables, or if I'm going to the pantry, then there might be some nuts. And I have more success if I hide them away, but the pig knows they're there. So it's still that a bit.

Yesterday, I had a really good day and someone on Facebook actually posted a recommendation to someone else to get back to their basics, and that really helped me. So I just said to the pig, "No, I'm eating three times a day and two snacks; one at 4 o'clock, one after eating dinner," that's it. And I think that's probably the crux of it for me, just making those rules as tight rules and not being in the kitchen around food, even healthy food.

I have a real -- the pig has real squeals, not mine. I see food, eat it, squeal, and then just one bite won't hurt kind of squeal. So even if I'm



chopping up carrots, the pig will say, "Oh, you can have a couple of carrots. It's only carrot," but it all adds up. For me, it's also just about being in control in that moment.

**Dr. Glenn:** It says one bite won't hurt and then you feel like you've lost your agency and the pig is in control and not you.

**Kirsty:** Yeah, absolutely. And a couple of nights ago, I probably had my worst binge since I started the program a few months ago. It started with a one bite won't hurt, some vegetables, and then the pig says, "Okay, what else is in the kitchen? What can I eat?" And I find some of those rice crackers I have in the cupboards for the kids, and I found some of those and I ate some of those and then my husband was cooking and one of those won't hurt, and it just kept going and going and going. Whilst the food in itself was on my plan, it wasn't meal time and I wasn't planning to eat.

**Dr. Glenn:** So if you stay with your three meals and two snacks a day, is bingeing on healthy food and portion control still an issue?

**Kirsty:** Yeah. I do. It's like the see if I want to eat it squeal.

**Dr. Glenn:** Let's try to be a little more clear about the question. Is it that bingeing on healthy food is what gets you to break the three meals and two snacks a day, or are you bingeing on healthy food inside of those three meals and two snacks a day?

**Kirsty:** No. I'm not bingeing on those because I've had the most success with planning my meals. So I will know roughly what I'm going to eat for the day. Even my snacks, I'll think about what I can eat because I find that that quiets down the pig the best because I think I just said that my pig



knows that's not my snack for the day or that is not my meal for the day. So I find that I'm bingeing within my meal or snack time.

**Dr. Glenn:** What I'm trying to ascertain is whether we need another rule for portion control, or do we just have to figure out how to get you to stick to the three meals and two snacks a day. Are the bingeing on healthy food and portion control and eating while you're hanging out with the kids and see if I eat it, are those all the things that get you to break three meals and two snacks a day, or are you telling me that, look, you can comply with three meals and two snacks a day, but you wind up bingeing inside of that anyway, and so we need additional portion control rules. That's what I'm trying to figure out.

**Kirsty:** Yeah. I think possibly a little bit of both. I know that's quite complex. But sometimes, I know that the pig will say, "Okay, snack time. You can have an apple and some peanut butter and then the second won't hurt." But I generally don't. I just think I'm playing around food a lot of the time.

**Dr. Glenn:** Well, would it help to more carefully define what a meal was and what a snack was? Would that help?

**Kirsty:** Yeah.

**Dr. Glenn:** How do you define a meal?

**Kirsty:** It's a good question. I guess it's not a calorie counter, but I was going to say, sort of between 300 and 500 calories in my plan, real food.

**Dr. Glenn:** So a meal is no more than 500 calories of whole food.



**Kirsty:** Yeah.

**Dr. Glenn:** Do we need to go further to say what the whole food is or you feel strong enough about that that you know?

**Kirsty:** No, I'm okay with that.

**Dr. Glenn:** So up to 500 calories of whole food is a meal. What's a snack?

**Kirsty:** A snack is around 100, 150 calories of whole food. And this is where I do struggle because some of the food I have in the house for the kids, even that which [inaudible 0:05:57] that my husband puts all those crackers. That's where the pig will often shout at me, "You can have those crackers. They're healthy." But I don't really want to eat processed foods, and I have a constant battle with the pig about what I'm allowed to snack on and what I'm not. Really, a snack would be non-processed, healthy food like fruit or dairy-free yogurt.

**Dr. Glenn:** Okay. So is there any ambiguity about what whole food is and what whole food isn't?

**Kirsty:** No, not in my mind, no. I follow a program based on real food, so I've got a reasonable understanding of it, yes.

**Dr. Glenn:** What you're struggling with is a pig that wants to keep things fuzzy, but really, what you're saying is, "Look, I have three meals and two snacks a day. A meal is 500 calories of whole food, up to 500 calories, and a snack is up to 150 calories of whole food," period, end of story, right?

**Kirsty:** Yeah.



**Dr. Glenn:** I apologize if I'm being a little bit aggressive. I'm attacking your pig, not you. I like you, Kirsty.

**Kirsty:** Okay.

**Dr. Glenn:** Okay. So do you need to define the time parameters of a meal? For example, one hour from the first calorie to the last; maybe two hours between meals, or is that not an issue for you? The reason I asked is I remember I did something like this and my pig decided that a meal could be six hours, and so we could just be eating all day long because three meals could be 18 hours.

**Kirsty:** I think meals are okay. I think the problem would be doing something like that with snacks. So I do a little bit -- like, I know my difficult time is from 4 o'clock onwards, so I will say that the pig's snack time is 4 o'clock and second snack time is after dinner. And I don't know why I have my after dinner snack. One idea that came up with me from my coach was also, if I exercise around 4 o'clock or just after, or even at 5 o'clock, I've had my snack at 4:00 and then exercise at 5:00 at home, like, doing exercise as long as the children in the house are under control, that helps me too because I'm not in the kitchen making food.

**Dr. Glenn:** So the snacks aren't mandatory. If you workout, you don't have to have it, but you can have it. And you'll have your snack somewhere around 4:00 p.m. What if you had your meal at 3:00 p.m., do you still have a snack at 4:00 p.m.?

**Kirsty:** I tend to eat my meal more like 1:00 p.m., 2:00 p.m.



**Dr. Glenn:** So that's not an issue. Okay. And then you have your dinner later. Does there have to be a certain amount of time between a snack and a meal?

**Kirsty:** No.

**Dr. Glenn:** Okay. So if you have up to 500 calories of whole food for a meal, up to 150 calories of whole food for a snack, that's really all you need to define and the rest takes care of itself?

**Kirsty:** Yeah.

**Dr. Glenn:** If you did that, Kirsty, three meals a day and two snacks a day, the way we just defined them, would you be binging on healthy food? If you had up to 500 calories of whole food for a meal and 150 calories for a snack, would you be binging on whole food?

**Kirsty:** No, I wouldn't.

**Dr. Glenn:** Do you want to make any exceptions to this? Is there like a holiday or a special meal once a month, or --

**Kirsty:** Yeah. I've got a rule in my plan that up to four times a year, I can eat like a birthday cake or something like that, when I'm with family and it's on a special occasion.

**Dr. Glenn:** Okay. I'd recommend you carefully define what a special occasion is and exactly how often you can have that, but okay. Do you want to make any other exceptions, to go out to dinner once a month, or is this good enough?



**Kirsty:** No, that's pretty good because [inaudible 0:09:03] with my special occasions, yeah.

**Dr. Glenn:** I'm going to say it one more time because you still seem a little casual about this to me. 500 calories per meal, 150 calories per snack, three meals and two snacks a day and that's it.

**Kirsty:** Yeah.

**Dr. Glenn:** Okay. What about if you're preparing food for the kids or if there are a bunch of nuts in front of you, is that going to be a problem if you stay with these rules?

**Kirsty:** No, not if I stay with these rules.

**Dr. Glenn:** All right. Well, what would it be like if you stayed with these rules for a year? What would be different in your life?

**Kirsty:** It would be great because I've already seen success with this program, and I'm about halfway through a big weight loss journey. I would move the other half of my weight and be in a place that I honestly haven't been since my early 20s, whole foods in my house and I will actually have a bit more energy to chase my young children and just function better in life, really.

**Dr. Glenn:** Okay. What else would I see if I spent a day with you that was different than what I see today?

**Kirsty:** I'd be fitting into different clothes, which would be wonderful. I get to move around easier, and hopefully, just not thinking about food all day.



**Dr. Glenn:** What kind of clothes did you like to wear that you're not wearing now?

**Kirsty:** I don't wear anything above the knee or I don't wear anything sleeveless in the summer. So to not feel conscious about my size will be great, be able to wear a short straight top or a skirt that's above my knee would be fantastic.

**Dr. Glenn:** Okay. You'd dress sexy again.

**Kirsty:** Yeah, I guess, yeah.

**Dr. Glenn:** Okay. And you say you'd be able to move around easier. What would that do for you? Why would that be good?

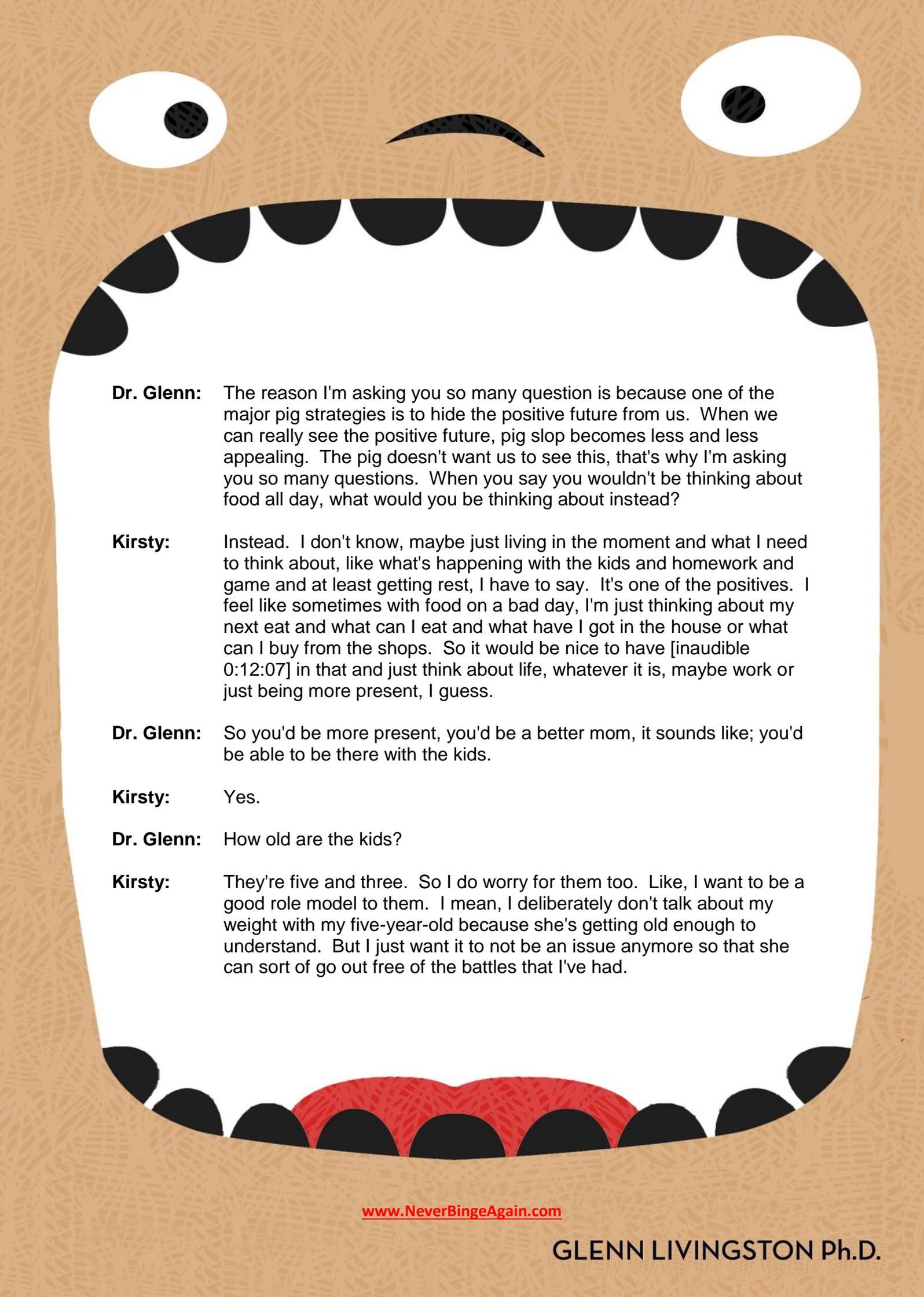
**Kirsty:** To get some health and fitness back. I feel like I'm moving better and I'm able to exercise a bit more. I'd really like to go on exercise class, and at the moment, I feel like I'm not at that point, so I'm going to have the confidence to get out there still at the weight that I'm at, so I'd like to be able to not worry about that and just wear some exercise clothes that I don't feel self-conscious in and go to the gym more to a group, take class at the park and just have the confidence to join in and not feel like the big girl at the back.

**Dr. Glenn:** I'm writing these all down. That makes a lot of sense. Is there a particular class you want to go to?

**Kirsty:** Yeah, there's one in the local park that I'd like to go to.

**Dr. Glenn:** What kind of class is that?

**Kirsty:** Just the general body weight resistance type.



**Dr. Glenn:** The reason I'm asking you so many question is because one of the major pig strategies is to hide the positive future from us. When we can really see the positive future, pig slop becomes less and less appealing. The pig doesn't want us to see this, that's why I'm asking you so many questions. When you say you wouldn't be thinking about food all day, what would you be thinking about instead?

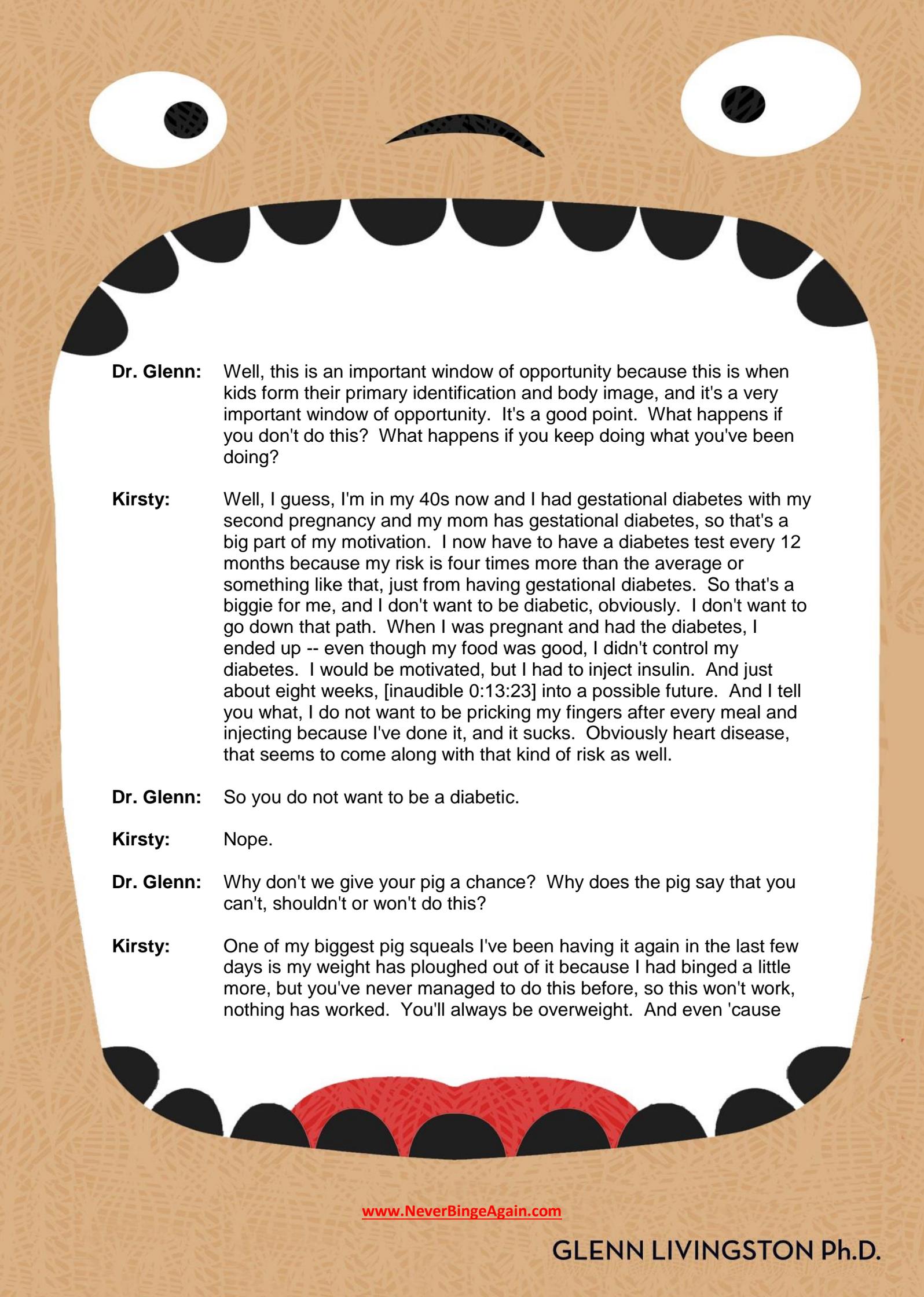
**Kirsty:** Instead. I don't know, maybe just living in the moment and what I need to think about, like what's happening with the kids and homework and game and at least getting rest, I have to say. It's one of the positives. I feel like sometimes with food on a bad day, I'm just thinking about my next eat and what can I eat and what have I got in the house or what can I buy from the shops. So it would be nice to have [inaudible 0:12:07] in that and just think about life, whatever it is, maybe work or just being more present, I guess.

**Dr. Glenn:** So you'd be more present, you'd be a better mom, it sounds like; you'd be able to be there with the kids.

**Kirsty:** Yes.

**Dr. Glenn:** How old are the kids?

**Kirsty:** They're five and three. So I do worry for them too. Like, I want to be a good role model to them. I mean, I deliberately don't talk about my weight with my five-year-old because she's getting old enough to understand. But I just want it to not be an issue anymore so that she can sort of go out free of the battles that I've had.



**Dr. Glenn:** Well, this is an important window of opportunity because this is when kids form their primary identification and body image, and it's a very important window of opportunity. It's a good point. What happens if you don't do this? What happens if you keep doing what you've been doing?

**Kirsty:** Well, I guess, I'm in my 40s now and I had gestational diabetes with my second pregnancy and my mom has gestational diabetes, so that's a big part of my motivation. I now have to have a diabetes test every 12 months because my risk is four times more than the average or something like that, just from having gestational diabetes. So that's a biggie for me, and I don't want to be diabetic, obviously. I don't want to go down that path. When I was pregnant and had the diabetes, I ended up -- even though my food was good, I didn't control my diabetes. I would be motivated, but I had to inject insulin. And just about eight weeks, [inaudible 0:13:23] into a possible future. And I tell you what, I do not want to be pricking my fingers after every meal and injecting because I've done it, and it sucks. Obviously heart disease, that seems to come along with that kind of risk as well.

**Dr. Glenn:** So you do not want to be a diabetic.

**Kirsty:** Nope.

**Dr. Glenn:** Why don't we give your pig a chance? Why does the pig say that you can't, shouldn't or won't do this?

**Kirsty:** One of my biggest pig squeals I've been having it again in the last few days is my weight has ploughed out of it because I had binged a little more, but you've never managed to do this before, so this won't work, nothing has worked. You'll always be overweight. And even 'cause



I've lost a fair bit of weight, I've lost 25 kilos and I have about 15 to go, the people are like, "Oh, you're pretty good at this weight. This weight is okay for you. You don't need to lose any more weight." It just needs to go away.

**Dr. Glenn:** Yeah. So this weight is good enough. What else? I'm writing these all down.

**Kirsty:** I had been having some of the last crackers and I'm finding that the sugar doesn't have to be a problem, but the kids' food I've got in the house are pretzels, rice crackers, rice cakes, anything savory and salty and coming out of the packet. And so the pig is saying, "Oh, look, you can have this food too. You will still be able to lose weight and have this processed food too because it tastes so good. You don't need to give up this."

**Dr. Glenn:** You can have processed food and lose weight. Okay.

**Kirsty:** And I feel like the pig is trying to get me to eat that kind of stuff and still think I'm on plan, if that makes sense. And "You can eat a little bit of these. It won't hurt, and you'll still lose weight."

**Dr. Glenn:** You can have a little bit and you'll still lose weight. It's okay. One bite won't hurt. We're going to get back to all these in just a minute. What else?

**Kirsty:** I do have one when I walk in the house, the pig will say, "What can we eat? Let's go eat." As soon as I walk back in the house with the kids, and I guess I'm usually getting them organized, I'm a bit busy, [inaudible 0:15:15] food. So if I'm preparing a meal, even a healthy meal, in the past, I've eaten a lot of kids' leftovers, like they'll eat their



lunch and I'll just pick at their leftovers of their plate. Now they go in the bin because that was a squeal my coach helped me identify. That's a waste squeal. So I would eat the leftovers of the children because it was a waste. I throw it in the bin.

**Dr. Glenn:** So you don't waste it. Well, what I'd like you to do is jump back into your higher self and help me find the lies in each of these squeals. So when the pig says, "You've never done this before so you can't possible do it now. You'll always be overweight." Where is the lie in that?

**Kirsty:** There's absolutely no reason that I can't, living in the moment and not bingeing now, today.

**Dr. Glenn:** So if you never binged now, then you'll never binge again because it's always going to be now.

**Kirsty:** Yep.

**Dr. Glenn:** Good. The pig says, "This weight is good enough. Leave well enough alone. Don't try to lose anymore. You might as well binge now. Just stop yourself from losing weight." Where is the lie in that?

**Kirsty:** The truth is, I'm still overweight and still have about 15 kilos to lose. So the decision that my body needs to be, I need to get into my healthy weight.

**Dr. Glenn:** Okay. So the pig is just flat out lying. It's not a healthy weight.

**Kirsty:** No, it's not.



**Dr. Glenn:** The pig says, "You can have some processed food and still lose weight, so you might as well do it." Where is the lie in that?

**Kirsty:** This is the one I really struggle with, and I don't know if it's the pig or me. My food plan is to not eat processed food. So for me, not on my plan, full stop. This is the way it makes me feel. I guess the lie is, it's not my food.

**Dr. Glenn:** Why else don't you want to eat processed food besides the weight loss? Why else do you want to eat whole food?

**Kirsty:** The way it makes me feel, nourishing my body, decreasing that risk of metabolic disorder; being kind to my body and feeling it rather than feeling trash; even trash that's not good. Having said that, I think that's a bit of a light bulb moment. I think that the food industry markets these products, like rice crackers and pretzels as healthy snacks, and really, when you look at the packet, there's not much nutrition in them.

**Dr. Glenn:** Right. Not much nutrition and there are acrylamides that make them carcinogenic and all sorts of things. What about when the pig says, "There will be nothing to eat when you go out. What are you going to eat when you go out? You're going to have to eat slop."

**Kirsty:** Yeah. I'm not too bad with that. To be honest, I had a heck of a lot with two young kids at the moment, but of course, in the future, I will again, there's always a salad or something, meat and vegetables or a vegetarian option. There's always something on the menu, and if there's not, I can ask them to prepare something not too bad when I go out, or I can take something. I can always either eat first or I can take something with me.



**Dr. Glenn:** Very good. What about the pig says when you're going to be around leftovers and you can't let that go to waste so you're going to have to eat them; where is the lie in that?

**Kirsty:** The lie is that it's off my food plan. It's not in my three meals or two snacks a day and that it just can go in the bin and I'm not a bin.

**Dr. Glenn:** Very good. Your body is not a garbage pail.

**Kirsty:** I like that one.

**Dr. Glenn:** What about when the pig says that you're going to be around food so you'll have to eat it. You'll be cooking for the kids, you'll be eating with them, you're going to have to eat more than you planned for.

**Kirsty:** I'll just come back to my food plan, but if it's not food that's meant for me, it's not my food, I'm working on my picking, what have you, so it's not picking at food for the kids, it's not my food.

**Dr. Glenn:** Well, how confident do you feel that you're never going to binge again?

**Kirsty:** About 99 percent.

**Dr. Glenn:** 99?

**Kirsty:** Yup.

**Dr. Glenn:** Tell me about the other 1 percent.

**Kirsty:** Well, I think it's just a pig squeal around, you've never done it before kind of pig squeal, so why would you do it now? Just that little feed of



doubt, I think, that the pig still has. Because it's a place that I haven't been in 25, 30 years, and I think the pig is terrified and it just hangs on to that eating and overweight.

**Dr. Glenn:** Well, so what should we do about that?

**Kirsty:** I'd say the pig did its talking really.

**Dr. Glenn:** How confident are you that you're never going to binge again?

**Kirsty:** Yeah, really confident. And it's working, it's doing it, it's happening, and it will keep happening.

**Dr. Glenn:** So how confident is that?

**Kirsty:** Yeah, really confident. I know you're going to say 100 percent [inaudible 0:19:16]. But yeah, there's absolutely no reason I can't do it. That's the bottom line.

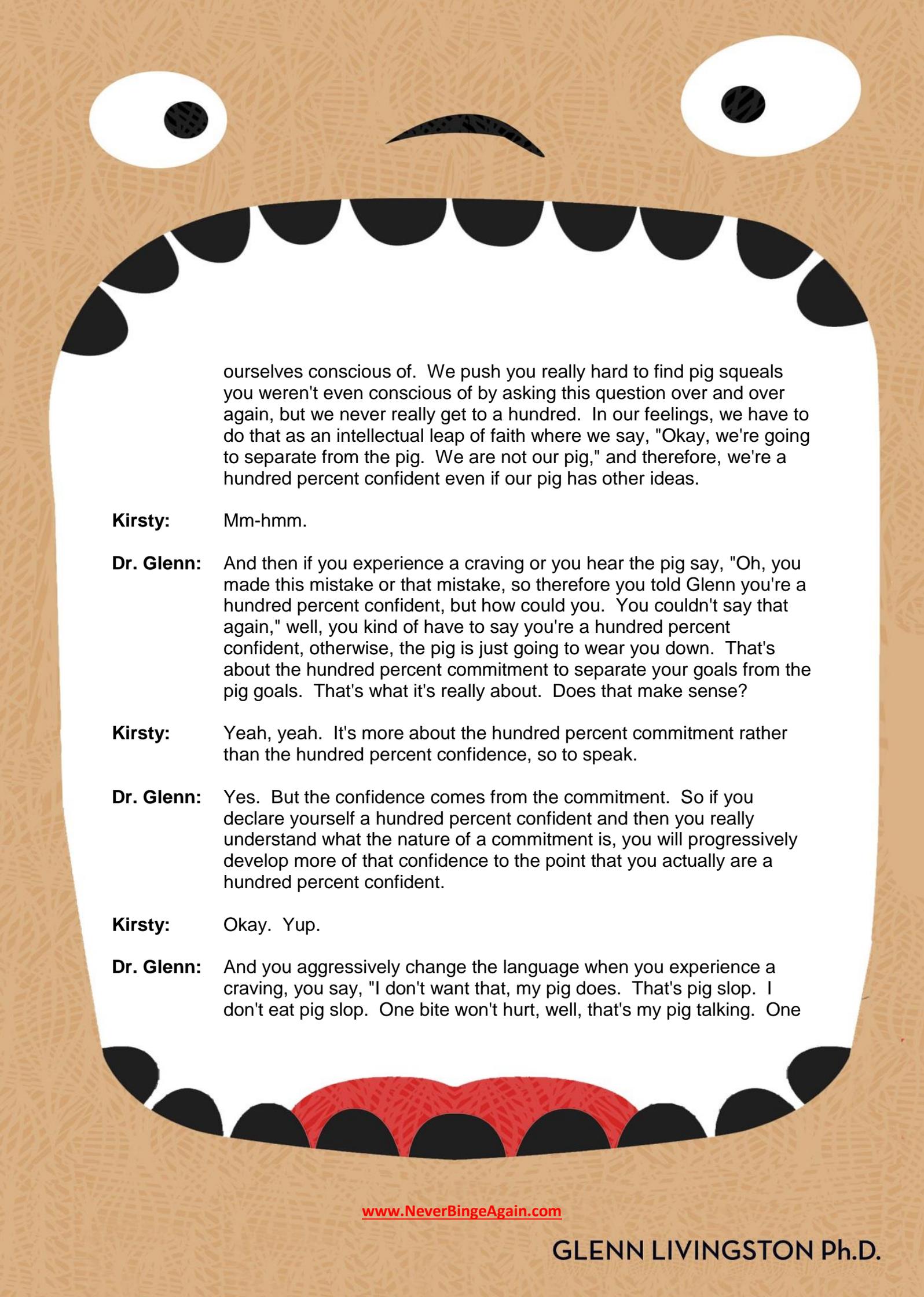
**Dr. Glenn:** What percent would you be willing to say?

**Kirsty:** 99 and a half.

**Dr. Glenn:** That means if the pig tries 200 times, that it's going to get out, right?

**Kirsty:** Right, yeah. Okay. That makes sense.

**Dr. Glenn:** See, it's a game. You can't get to the feeling of a hundred percent confident, but you can declare yourself a hundred percent confident and say that the rest of it is just the pig. We get as much of it out on the table as we can. We dispute all the pig squeals that we can make



ourselves conscious of. We push you really hard to find pig squeals you weren't even conscious of by asking this question over and over again, but we never really get to a hundred. In our feelings, we have to do that as an intellectual leap of faith where we say, "Okay, we're going to separate from the pig. We are not our pig," and therefore, we're a hundred percent confident even if our pig has other ideas.

**Kirsty:** Mm-hmm.

**Dr. Glenn:** And then if you experience a craving or you hear the pig say, "Oh, you made this mistake or that mistake, so therefore you told Glenn you're a hundred percent confident, but how could you. You couldn't say that again," well, you kind of have to say you're a hundred percent confident, otherwise, the pig is just going to wear you down. That's about the hundred percent commitment to separate your goals from the pig goals. That's what it's really about. Does that make sense?

**Kirsty:** Yeah, yeah. It's more about the hundred percent commitment rather than the hundred percent confidence, so to speak.

**Dr. Glenn:** Yes. But the confidence comes from the commitment. So if you declare yourself a hundred percent confident and then you really understand what the nature of a commitment is, you will progressively develop more of that confidence to the point that you actually are a hundred percent confident.

**Kirsty:** Okay. Yup.

**Dr. Glenn:** And you aggressively change the language when you experience a craving, you say, "I don't want that, my pig does. That's pig slop. I don't eat pig slop. One bite won't hurt, well, that's my pig talking. One



bite is a tragedy." Not one bite. That's my mantra. Not one bite off the plan. See food, I eat it well, no, I don't eat see food, right?

**Kirsty:** Yes. Yeah, there you go. Yeah, I don't eat see food. I like that one.

**Dr. Glenn:** In that definition, see food is anything off your plan.

**Kirsty:** Yes, or anything that I just say and want to eat because it's right there.

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

**Kirsty:** No, that's good. It's really good.

**Dr. Glenn:** Would you follow-up with me in a month no matter what and let me know what's happening?

**Kirsty:** Sure.

**Dr. Glenn:** I look forward to talking to you then. Thank you, dear.

**Kirsty:** Excellent. Thanks very much, Glenn.

**Dr. Glenn:** Bye-bye.

**Kirsty:** Thanks. Bye-bye.

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