

Using the Pig to Put the Shame Behind You!

Glenn Livingston, Ph.D. And Connie Plunkett

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Dr. Glenn: Hey, this is the very good Dr. Glenn Livingston with Never Binge Again. And I am here with Connie, who has kindly agreed to let me share this session with you so you can benefit from her strength and wisdom and experience and trials and tribulations and struggles as well. Connie, how are you today?

Connie: Really good, thank you. How are you?

Dr. Glenn: I'm good. This is maybe the happiest thing that I do. Other than a really good nap, I think this is my favorite thing to do.

Connie: I love that. It comes through.

Dr. Glenn: Thank you. Would you let people know or let me know how you came to Never Binge Again; what it's done for you, any struggles that you have, and why you wanted to do this phone call?

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GLENN LIVINGSTON Ph.D.



Connie:

Sure. I stumbled upon your book perusing Amazon one night and I've read a number of books, I've worked with a couple of online coaches over the last few years. My main issues have been restriction and not so much your classic binging as much as trying to spit out my food and it is a form of binging, and I don't really fall into any particular category. That being said, that's one of the reasons your book stood out to me, is as soon as I read the kind of a summary of what it was about, to me, it was obviously very different. It was much more, to me, clear, straightforward, roll up your sleeves, let's get it done. I hate to say, a male perspective, but it felt very direct.

And the other thing I liked about it right away just even before I received the book was I felt it was a way for no matter what people were dealing with, what self-limiting issue might be happening for them to put the shame and the hiding and the not wanting to talk about it, and then you feel unauthentic because you're hiding it from everyone. It's whatever is going on in your life, you're able to literally, as I was thinking of it, use a giant spatula and take it off my place, and put it on the pig's plate.

And so to me, the piece that was only missing in my other coaching things I've done, at least for me, was I think that piece of being able to not feel bad about yourself at any given point because we now realize we've got two sides of ourselves in a sense, and that to me, it even helped me feel better immediately because I couldn't understand why I would ring my hands and worry about buying all organic vegetables, and then the very same night, eat a bunch of Snickers. Who am I? What is going on with me?

So your Never Binge Again approach to me just made so much sense. It took the heat off immediately. It made me feel confident, but more

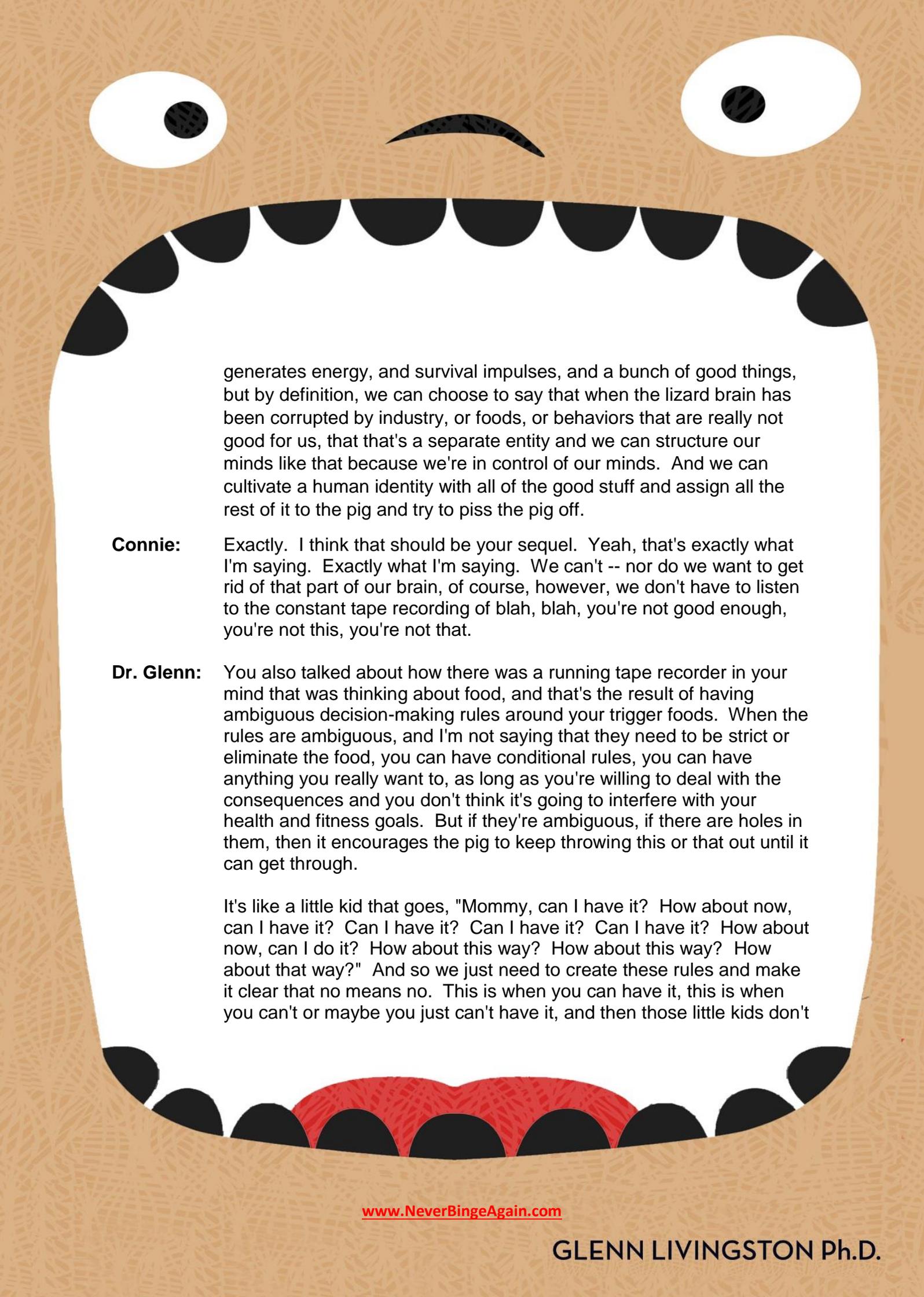


than that, made me feel positive about myself immediately, whereas other things were not that way right from the get-go.

So that's how I found you. I ordered the book, read the book superfast. From the beginning to the end, it just all spoke to me, it works for my personality. It's not everybody is the same, but for me, perfect and it just took away that missing piece. So within a week of reading it, I went from now I realize hearing the pig all the time, all the time, like a running tape recorder in the back of my head to literally, my day's mission is to piss the pig off. That's what I do. I would it give like, what would the pig hate right now? It would really not like the fact that I'm going to get an extra five minutes in on my treadmill because it doesn't like anything that makes me feel good about myself, right? That's how I've decided to define the pig.

So that has brought me that far already and I've been doing really, really well in my Never rules, which I honed down to just have a few of them. Now, I'm ready to probably add a few more in, and then I sort of realized that, as you put your sneaky squeal, as I'm getting really good at the Never rules, now I start to hear all these interesting sneaky naughty things that may or may not be the pig, and that's where I want a little help differentiating.

Dr. Glenn: Okay, I'll help you with all that. I've got a bunch of comments about what you said and then I have two questions. So what you're really describing is the incredible liberation that comes when you recognize that the pig is not you. There really are, neurologically speaking, two minds inside of our heads. There's the lizard brain and then there's everything else, and what we value as human beings, what we value as our human identity is not the lizard brain. Yes, the lizard brain also

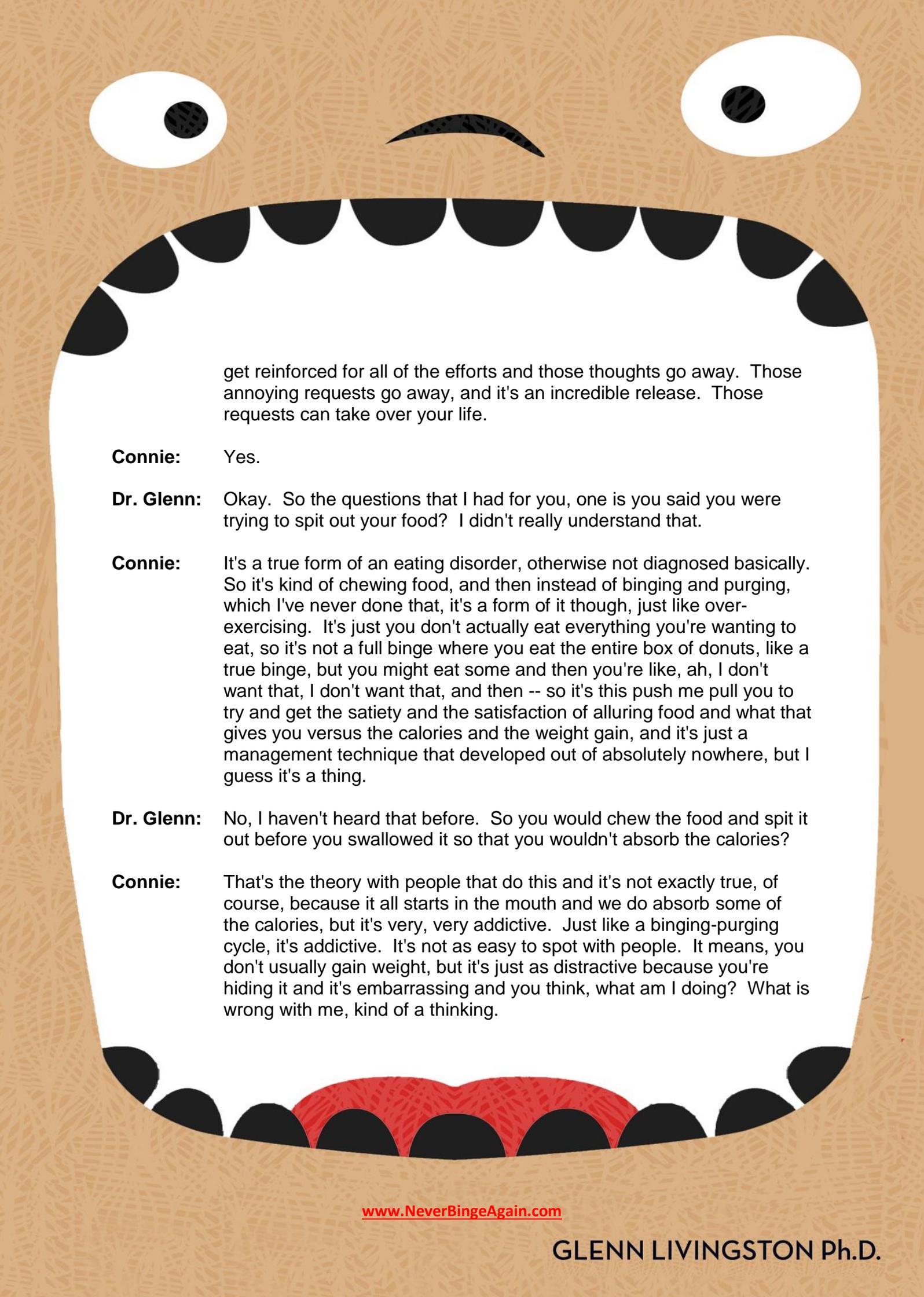


generates energy, and survival impulses, and a bunch of good things, but by definition, we can choose to say that when the lizard brain has been corrupted by industry, or foods, or behaviors that are really not good for us, that that's a separate entity and we can structure our minds like that because we're in control of our minds. And we can cultivate a human identity with all of the good stuff and assign all the rest of it to the pig and try to piss the pig off.

Connie: Exactly. I think that should be your sequel. Yeah, that's exactly what I'm saying. Exactly what I'm saying. We can't -- nor do we want to get rid of that part of our brain, of course, however, we don't have to listen to the constant tape recording of blah, blah, you're not good enough, you're not this, you're not that.

Dr. Glenn: You also talked about how there was a running tape recorder in your mind that was thinking about food, and that's the result of having ambiguous decision-making rules around your trigger foods. When the rules are ambiguous, and I'm not saying that they need to be strict or eliminate the food, you can have conditional rules, you can have anything you really want to, as long as you're willing to deal with the consequences and you don't think it's going to interfere with your health and fitness goals. But if they're ambiguous, if there are holes in them, then it encourages the pig to keep throwing this or that out until it can get through.

It's like a little kid that goes, "Mommy, can I have it? How about now, can I have it? Can I have it? Can I have it? Can I have it? How about now, can I do it? How about this way? How about this way? How about that way?" And so we just need to create these rules and make it clear that no means no. This is when you can have it, this is when you can't or maybe you just can't have it, and then those little kids don't



get reinforced for all of the efforts and those thoughts go away. Those annoying requests go away, and it's an incredible release. Those requests can take over your life.

Connie: Yes.

Dr. Glenn: Okay. So the questions that I had for you, one is you said you were trying to spit out your food? I didn't really understand that.

Connie: It's a true form of an eating disorder, otherwise not diagnosed basically. So it's kind of chewing food, and then instead of bingeing and purging, which I've never done that, it's a form of it though, just like over-exercising. It's just you don't actually eat everything you're wanting to eat, so it's not a full binge where you eat the entire box of donuts, like a true binge, but you might eat some and then you're like, ah, I don't want that, I don't want that, and then -- so it's this push me pull you to try and get the satiety and the satisfaction of alluring food and what that gives you versus the calories and the weight gain, and it's just a management technique that developed out of absolutely nowhere, but I guess it's a thing.

Dr. Glenn: No, I haven't heard that before. So you would chew the food and spit it out before you swallowed it so that you wouldn't absorb the calories?

Connie: That's the theory with people that do this and it's not exactly true, of course, because it all starts in the mouth and we do absorb some of the calories, but it's very, very addictive. Just like a bingeing-purging cycle, it's addictive. It's not as easy to spot with people. It means, you don't usually gain weight, but it's just as distractive because you're hiding it and it's embarrassing and you think, what am I doing? What is wrong with me, kind of a thinking.

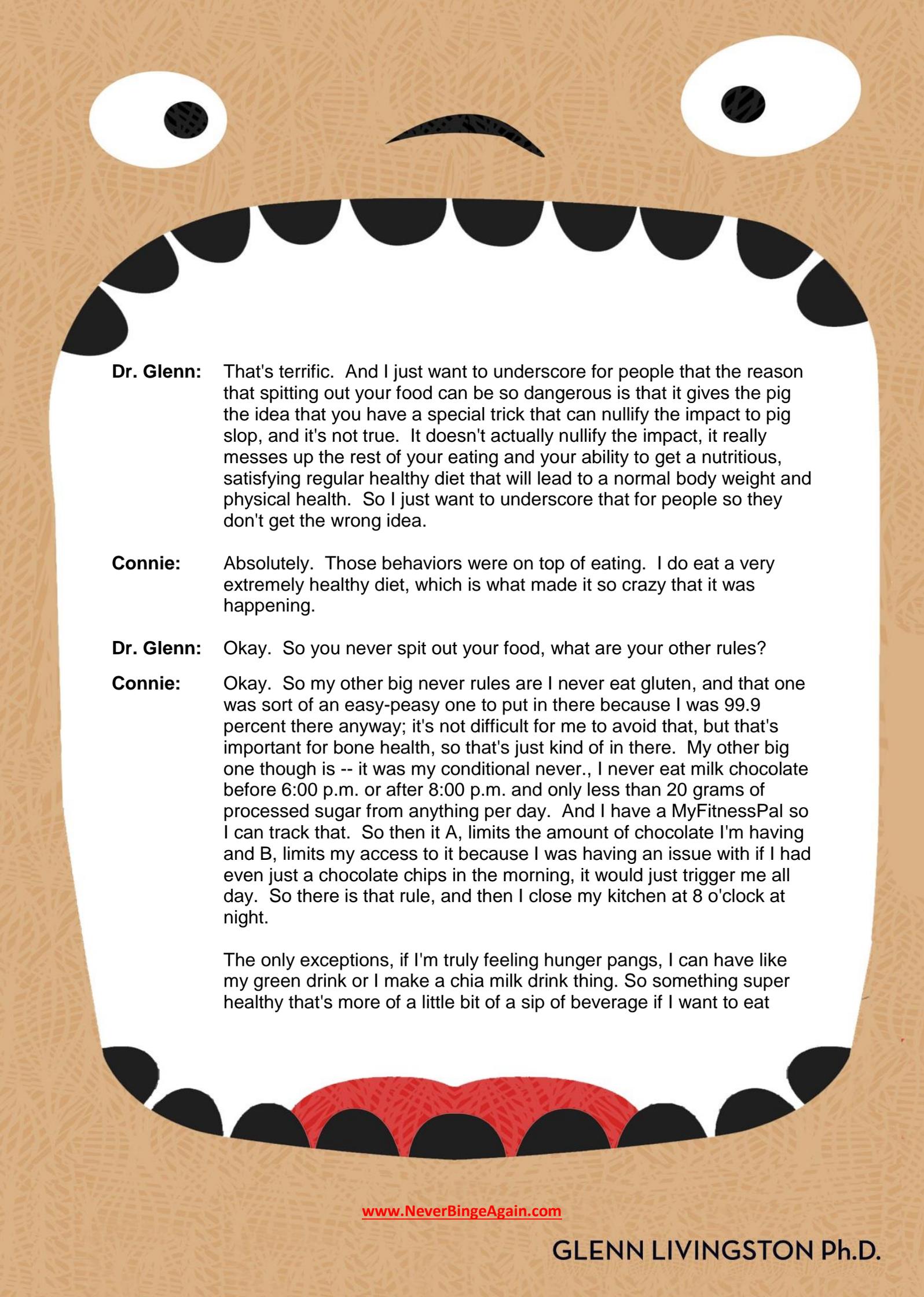


Dr. Glenn: Were you able to stop doing that?

Connie: You know, I did stop doing that for a couple of years straight when I was first diagnosed with osteoporosis. That was probably about four years ago. And I'm a nurse, so I immediately got online, I researched how to treat it from a natural perspective, instead of the medications that are out there, this is how we know how strong my results can be. Immediately overnight, not a problem; gave up this, gave up that because I made that decision to do it and it was just steadfast. You couldn't push me to eat gluten, you couldn't push me to eat a lot of sugar, if any, etcetera.

Then a couple years down the road, this kind of dwindled in this slippery slope. I did start doing it again a little bit, and you know honestly, the very next time I could really do away with it was after reading your book, and that became my strongest Never rule because that's the crux of it for me. That's where I need to start really, that's the biggie.

And then I have a couple Never rules about chocolate, which I hear you can relate to that, but one is conditional. And so my rules are very clear on the nevers and that's why I think it's working so well. It gives me so much confidence and it's just an immediate, I hear my real self say, no, you don't do that anymore, we don't do that anymore, nope. I'm hearing the pig, which by the way, mine is called dude because it rolls up my tongue. Like, dude, you got to be kidding me, that we're not eating that. It's just been super, I don't want to say easy, but it's been surprisingly workable for my life.



Dr. Glenn: That's terrific. And I just want to underscore for people that the reason that spitting out your food can be so dangerous is that it gives the pig the idea that you have a special trick that can nullify the impact to pig slop, and it's not true. It doesn't actually nullify the impact, it really messes up the rest of your eating and your ability to get a nutritious, satisfying regular healthy diet that will lead to a normal body weight and physical health. So I just want to underscore that for people so they don't get the wrong idea.

Connie: Absolutely. Those behaviors were on top of eating. I do eat a very extremely healthy diet, which is what made it so crazy that it was happening.

Dr. Glenn: Okay. So you never spit out your food, what are your other rules?

Connie: Okay. So my other big never rules are I never eat gluten, and that one was sort of an easy-peasy one to put in there because I was 99.9 percent there anyway; it's not difficult for me to avoid that, but that's important for bone health, so that's just kind of in there. My other big one though is -- it was my conditional never., I never eat milk chocolate before 6:00 p.m. or after 8:00 p.m. and only less than 20 grams of processed sugar from anything per day. And I have a MyFitnessPal so I can track that. So then it A, limits the amount of chocolate I'm having and B, limits my access to it because I was having an issue with if I had even just a chocolate chips in the morning, it would just trigger me all day. So there is that rule, and then I close my kitchen at 8 o'clock at night.

The only exceptions, if I'm truly feeling hunger pangs, I can have like my green drink or I make a chia milk drink thing. So something super healthy that's more of a little bit of a sip of beverage if I want to eat



something before I go to bed. And so all those have been going really, really great.

Dr. Glenn: Even the chocolate one?

Connie: Yeah, the chocolate one because I really don't want to say never to that, but to me, it's worth it. As long as it's in a reasonable portion, yeah, right exactly.

Dr. Glenn: Totally fine.

Connie: I don't even drink anymore, so that's my yummy thing. So yeah, I don't have a problem with that, and it's been surprisingly easy because that was every night, I would just plan on eating a little bit and be talked into, now we know by whom, to just keep at it. So that's been a real relief, as you put it. It's been a treat. And here's where I'm not sure when we get to it differentiating what's happening now with that rule, which is, I have honestly felt like my true self could definitely forgo it, let's say last night, you know, sort of in the mood, but it's such a habit also so it's getting a little tricky and then I think, well, now this is probably due to the pig. But you're in test mode, so you should probably get used to having less. Now, is that me saying I still want it or who knows? But at any rate, so what I did last night to test that was I went out and got a quarter of the amount I would be allowed on my plan and that's all I had, and then tossed the rest. So sort of testing my result, I guess.

Dr. Glenn: I'm a little confused that your rule say that you must have 20 grams of processed sugar?



Connie: No, that's just it. I know from a health perspective, zero to 20. We shouldn't be aiming for any probably, so that's where I think I was getting tricked a little bit with that. I was looking for an out.

Dr. Glenn: And the out would have been that you stopped? I'm still confused. What's the problem?

Connie: There really isn't a problem and that it was still within my food plan.

Dr. Glenn: Okay.

Connie: The amount, the timing, everything was still within my food plan, but my motivation for going out for chocolate was, I think, not pure anymore. I think it was a little bit, you know, you're already full, you're not craving it so maybe we should not get it tonight. It's better for you to not have it, that's my real self, but I still went out and had some and I felt like that was probably not the real me sending me out the door, that sort of thing. And then I said, well I don't know if that's super important. It was in my food rule. Maybe I need to tweak the rule, I'm not quite sure what to do with that.

Dr. Glenn: That was my intuition. Would you feel better if you had two days a week where you didn't do that, or do you just want the option every day and --

Connie: I think at this point, I'm feeling so good about it. I want the option every day because, again, yesterday or last night, my test was, see if you really even want the whole amount that you could have within your rule. Do you really want that much?

Dr. Glenn: Connie, if you want the option every day, then just give it to yourself free and clear.



Connie: Okay, and not try to tease apart the motivation.

Dr. Glenn: Never Binge Again is about motivation in the sense of what are we trying to accomplish and what's the big future we're trying to achieve, and what would happen if we kept doing what we were doing, but it's otherwise not really about the internal motivation, it's about objectively how do you habitually behave around food. And so you use your best thinking to define a rule and you were within those rules. Yes, you could have not had it. You could have not had it, and maybe it would have been better if you didn't have it, but it's not something you have to feel guilty about if you're within the parameters that you set up.

If you decide that you want stricter parameters because you feel like you're having too much chocolate, then make that change to your food plan and then feel perfectly free to live within that food plan. It sets you free to say, okay, these are the rules. It doesn't matter what the reason is, these are the rules and I'll just stay there.

Connie: Okay. That's what I was thinking the next step would be, would be to just drop the amount I'm going to plan to allow myself per day because I still want to get it down further.

Dr. Glenn: You don't want to do that now though, you're happy where it is at the moment, right?

Connie: Yeah. I mean, think I was going to give it in my mind a couple weeks to really just feel like I totally have it under my belt and give myself the equal freedom to say, you know what, I don't really want it tonight, we're good. And I think that'll come more naturally to me because I'm feeling stronger about all these things every day; it's just getting easier. So I think I'll be more apt to hear my own self anyway as the days go by.



Dr. Glenn: Yeah. And what's probably also happening is your body is up regulating. If you are having too much chocolate or some of this other stuff before your taste buds weren't responding the way that they should and your nervous system wasn't secreting enough dopamine and serotonin in response to natural things, and that's probably getting fixed now which is why it's feeling easier. Okay, so what else? What other rules do you want or do you need help with?

Connie: Let's see. So those are my main Never rules. I have one other food item, in particular, I've been kind of working on and that is a healthy food, so that's the good news; quinoa gluten-free. It's the only thing I eat that's close to like bread because I'm pretty much grain-free, always have and have been for a long time. But it's just one of those foods that I tend to want to just kind of pick at, and so on and so forth. So I made a conditional rule that has been going pretty well to not proportionate because that's where I just nibble, nibble, nibble. So just take one out, cut it in half, put the rest away, and then I have to heat it and I have to sit. I can't be eating it unless it's something I can savor and I'm sitting down because I'm not good at sitting when I eat, that's the guideline I have that I have put on my plan.

Dr. Glenn: What is the food?

Connie: Quinoa crunch toast. You toast them or heat them. It's not even --it's just weird found. I find it's that.

Dr. Glenn: Now, I've heard everything. Okay.

Connie: They're fabulous. They kind of taste like cornbread, they're very good. So it's kind of an indulgence for me, even though it's healthy. So it's just something I'm trying to get a handle on and that's not going really



well. I'm not really having any glaring issues, I guess, I just need to be comfortable building on what I'm doing. I've got some guidelines that I eventually want to make a little stronger, which are sitting down when I eat, never eating in my car, but that's not always a hundred percent I feel like feasible. If I'm going to pass out, I'm going to pull over and eat in my car, you know, but those things are not causing me a problem with it.

Dr. Glenn: For the audience's sake, I just want to explain the difference between a rule and a guideline. A rule, it's kind of like the law. It's like, I'll never eat gluten again, between now and the day that the universe is over, there is not one bite of gluten that's going to pass my lips, that's consciously and purposely it's going to pass my lips, that's a rule.

A guideline is something like, I will aim to sit down when I eat whenever it's remotely possible for me to do so. I'm kind of sort of going to try, but I'll give myself a little leeway. 90 percent of the time, I'm going to do it, but 10 percent of the time, I won't. And it's not technically Never Binge Again, but it can still be a good north star, and other guidelines could be, I'll only eat when I'm hungry and I'll stop when I'm full. It's not objective the measurable. The pig can always say, oh, yeah, you're hungry, oh, yeah, you're not full yet, but it's still a good north star to shoot for, and you can have a guideline section of your food plan if you want to.

Okay, where is the problem then, Connie? Where do you need help with?

Connie: Well, it really was solidifying the motivation question I had about the chocolate thing, and so now I understand that that's just a matter of when I decide I want to tighten up my rule or not, or change any of my



rules for whatever reason that I can go ahead and do that. So adding in anything else I want to do, I mean, because it's just as I feel comfortable, or do you suggest maybe just honing in on one more at a time? I mean, that's how I feel like it's working for me, is to keep it pretty simple. My brain is not full of noise when I go to the market. Oh, that's another thing, I never eat out of the bulk bins. You can sample and stuff, that was an issue so that stopped cold turkey as well. I just don't want to have so many rules, I feel like I'm juggling, they are right in front of my brain all the time. They're right there, so I'm doing pretty good.

Dr. Glenn: A good metaphor is a dress. A dress should be long enough to cover the good parts, but short enough to keep it interesting. I didn't make up that joke, the famous copywriter talked about that. But maybe a better analogy is, if you're a city traffic planner, you want to have stoplights at the dangerous intersections. You don't want to have a stoplight if a stop sign would do because a stop sign is less restrictive and will let the traffic flow through more easily. You don't want to have a stop sign if a yield sign would do, and you don't want to have even a yield sign if the intersection isn't dangerous at all because you're trying to maximize two simultaneous variables. You're trying to maximize the free flow of traffic for the city and the safety of the populace.

With your food plan, you're trying to maximize the freedom to enjoy everything that food has to offer while simultaneously protecting your health and fitness goals; your ability to achieve your health and fitness goals. And what that translates into is, as many rules as you need, but not one more as much restriction as you need, but not any stricter and you do have to evaluate the plan as a whole to be sure that it's nutritionally and calorically sufficient. If you let it become too restrictive, then you get into this feast and famine cycle and the



restrictive cycle seems to trigger a worse binge in the opposite direction, so you have to be careful about that.

Connie: And what about moving forward and ignoring the sneaky squeals for sure? The baking pig came out last night and was, you know, I'll just bake something gluten-free and give it away and that will be fine. You know, just different squeals.

Dr. Glenn: Connie, let me ask you a little more about your motivation, and then we'll attack all the squeals together, okay?

Connie: Sure.

Dr. Glenn: Are you happy with your food plan, the way that it's written, is this what you want to comply with?

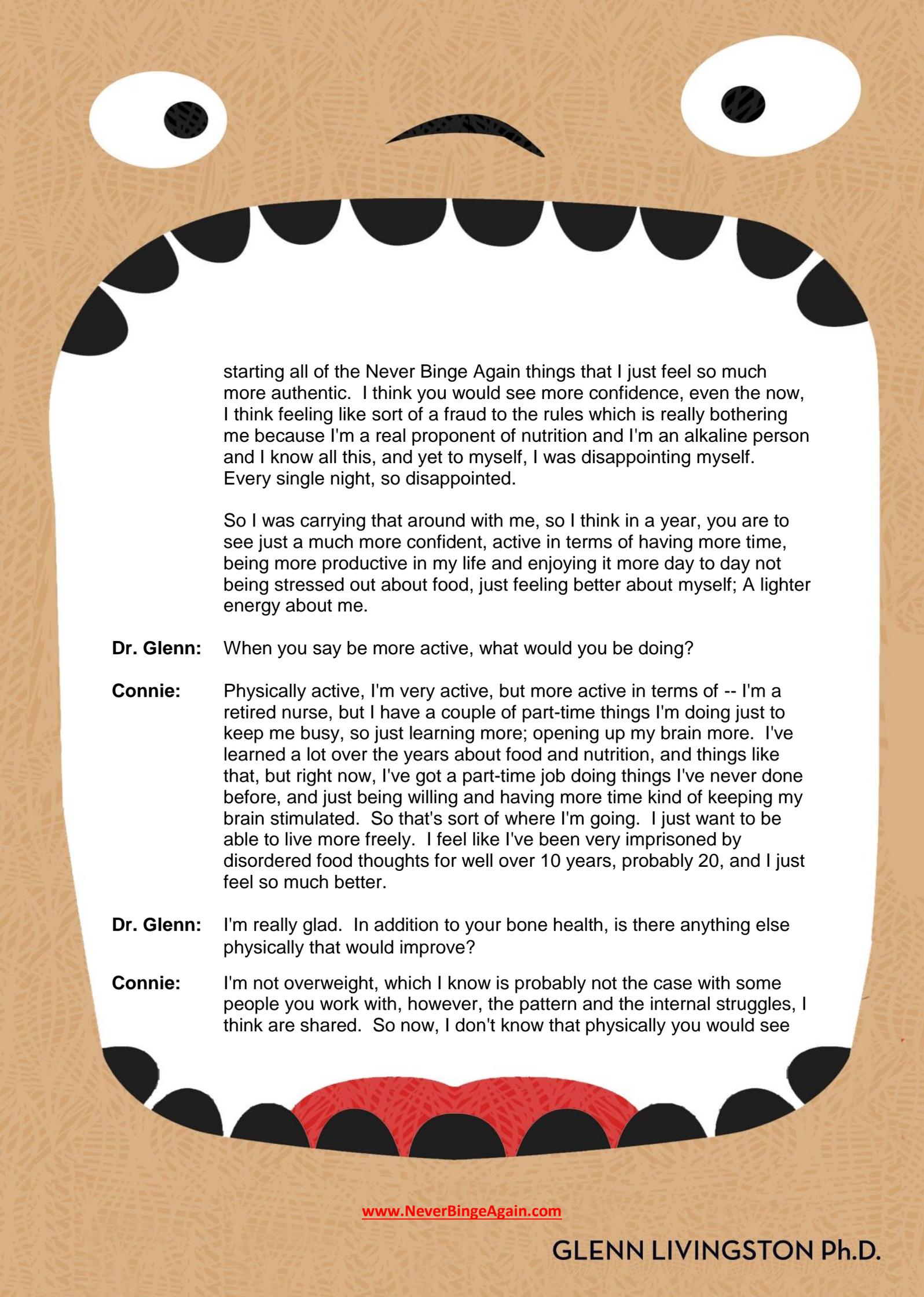
Connie: Yes, I am happy with it.

Dr. Glenn: You can change it down the road if you want to, but for right now, you're happy with it.

Connie: I am.

Dr. Glenn: If you complied with this for a whole year, what would I see differently spending a day with you in a year from now as opposed to what I see today, how would things be better?

Connie: Well, what you couldn't see that would be better would be my bone health, no doubt about it. I've got to get the sugar thing under control, that's the main thing. So yes, internally, I would be healthier in terms of my bones, any inflammation going on, things like that. I'm a pretty high energy person, anyway, but I have felt in the last week or two since



starting all of the Never Binge Again things that I just feel so much more authentic. I think you would see more confidence, even the now, I think feeling like sort of a fraud to the rules which is really bothering me because I'm a real proponent of nutrition and I'm an alkaline person and I know all this, and yet to myself, I was disappointing myself. Every single night, so disappointed.

So I was carrying that around with me, so I think in a year, you are to see just a much more confident, active in terms of having more time, being more productive in my life and enjoying it more day to day not being stressed out about food, just feeling better about myself; A lighter energy about me.

Dr. Glenn: When you say be more active, what would you be doing?

Connie: Physically active, I'm very active, but more active in terms of -- I'm a retired nurse, but I have a couple of part-time things I'm doing just to keep me busy, so just learning more; opening up my brain more. I've learned a lot over the years about food and nutrition, and things like that, but right now, I've got a part-time job doing things I've never done before, and just being willing and having more time kind of keeping my brain stimulated. So that's sort of where I'm going. I just want to be able to live more freely. I feel like I've been very imprisoned by disordered food thoughts for well over 10 years, probably 20, and I just feel so much better.

Dr. Glenn: I'm really glad. In addition to your bone health, is there anything else physically that would improve?

Connie: I'm not overweight, which I know is probably not the case with some people you work with, however, the pattern and the internal struggles, I think are shared. So now, I don't know that physically you would see



much else other than that. I think it would be more of interpretation of my energy, my soul. "Oh, that's Connie, she's back," that kind of thing.

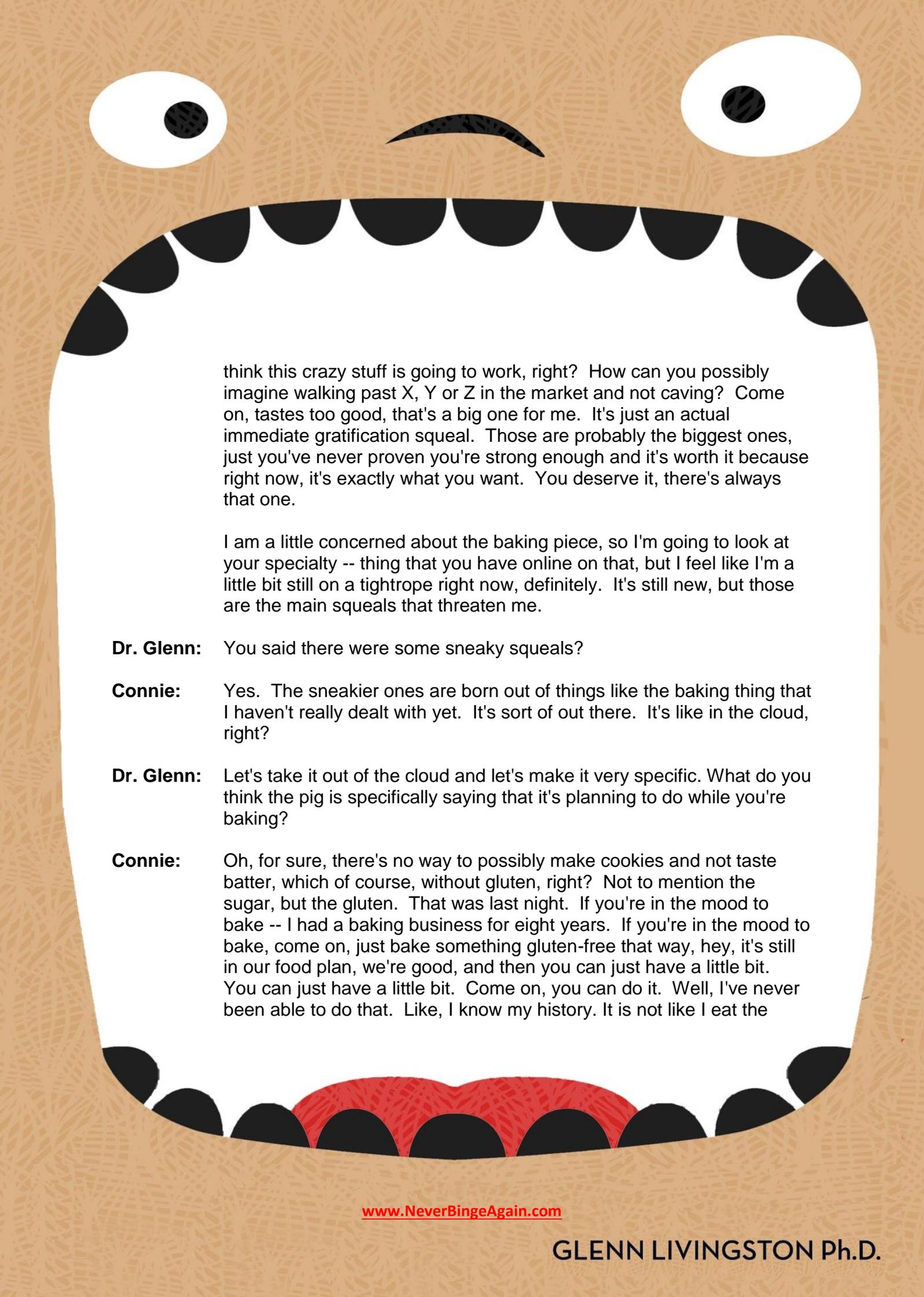
Dr. Glenn: Very good. What happens if you don't do this? What happens if you let these rules go and you'd go back to what you were doing before in a year?

Connie: Well, I would play small because it is so, as we know, all-encompassing in your mind. Even when you're supposedly present doing other things, if you're really in the midst of any sort of disordered eating, it just takes over your life and your brain, and to constantly wake up with regret is so draining to me. I think it's the worst emotion ever. It doesn't serve me well. I have two grown children, they're still my family, they still need me. Even if I'm just showing up for my dogs, which is living with me right now, I am choosing to get that energy back.

If I didn't do this, think I would be much less likely to pursue new interests, I'd be less likely to be social. Right now, it's very stressful to - or was to meet someone for dinner, I'd have to look at the whole menu before I went, and now, I just to worry about it because I have my rules, I know what is good for me, it helped me see what's better for me, so I think any year if I didn't, I'd just be stuck. I will be in my car in the parking lot most nights eating too much chocolate and I'd probably quite depressed, honestly.

Dr. Glenn: Okay. Let's give your pig a chance now. What are all the reasons the pig say that you can't, shouldn't or won't be able to do this?

Connie: Well, there is a squeal based on the fact that you not been able to do this really ever if you ignore this couple of years there, what makes you



think this crazy stuff is going to work, right? How can you possibly imagine walking past X, Y or Z in the market and not caving? Come on, tastes too good, that's a big one for me. It's just an actual immediate gratification squeal. Those are probably the biggest ones, just you've never proven you're strong enough and it's worth it because right now, it's exactly what you want. You deserve it, there's always that one.

I am a little concerned about the baking piece, so I'm going to look at your specialty -- thing that you have online on that, but I feel like I'm a little bit still on a tightrope right now, definitely. It's still new, but those are the main squeals that threaten me.

Dr. Glenn: You said there were some sneaky squeals?

Connie: Yes. The sneakier ones are born out of things like the baking thing that I haven't really dealt with yet. It's sort of out there. It's like in the cloud, right?

Dr. Glenn: Let's take it out of the cloud and let's make it very specific. What do you think the pig is specifically saying that it's planning to do while you're baking?

Connie: Oh, for sure, there's no way to possibly make cookies and not taste batter, which of course, without gluten, right? Not to mention the sugar, but the gluten. That was last night. If you're in the mood to bake -- I had a baking business for eight years. If you're in the mood to bake, come on, just bake something gluten-free that way, hey, it's still in our food plan, we're good, and then you can just have a little bit. You can just have a little bit. Come on, you can do it. Well, I've never been able to do that. Like, I know my history. It is not like I eat the



whole pan, but it's not healthy. It is not what I want to be really doing in the long run, but it's such a fun thing to sit around, and as you're breaking, eat some cookie dough, that I don't trust myself with that at this point yet.

Dr. Glenn: Do you need to have a rule about eating while you're baking?

Connie: Absolutely, or there is no reason I ever have to bake again. But it is something I used to enjoy doing.

Dr. Glenn: There is no reason you can't bake if you want to bake.

Connie: I know. I know, that's true as I'm listening to me, but I haven't made that rule yet, that's probably the next one I should do because I want to be able to bake for other people. I'd like to be able to.

Dr. Glenn: Do you want to have a rule that says that "I will never eat while I'm baking again?"

Connie: That would probably be good. And people know me, that now, if I am baking them, more than likely, I can easily just do a gluten-free something because that was my business. So my rule with how I would like it to look would be, I only bake gluten-free things because I want to take that right off the table right there, and I do not taste while I'm baking, or something like that. Or do not eat while I'm baking.

Dr. Glenn: I never bake with gluten and I never eat while baking.

Connie: Right.

Dr. Glenn: Take a breath, how does that feel?



Connie: Challenging. That part is easy. Challenging terms of not tasting batter dough, etcetera. Nibbling, the nibbling factor. And then my other big challenge would probably be afterwards because I'm going to have it, have a serving and be done.

Dr. Glenn: I will never have more than one serving of something I bake per calendar day again?

Connie: Yes, exactly. So a piece of banana bread and a cookie, yes.

Dr. Glenn: Connie, is it challenging for you or for your pig to not eat while you're baking?

Connie: It feels like one and the same, but I think it's probably the pig.

Dr. Glenn: Do you feel like you could continue to nibble while you're baking and still have the increased bone health and high energy and authenticity, and confidence and activity and productivity and reduce inflammation; all the things you told me you wanted, do you feel like you could have that if you keep nibbling while you're baking?

Connie: It would not be maximized by any stretch of the imagination because usually when you're baking and nibbling, you've eaten the equivalent really of two, three, four servings of a baked item; you know, it's consolidated. So, no. No, I don't think so.

Dr. Glenn: I don't want you to feel any judgment from me about this. It's okay with me if you want --



Connie: No, I don't. I mean, that's logically no. It's not the amount I would like to see myself eating, no.

Dr. Glenn: So I'll never bake with gluten again, I'll never eat while I'm baking again, and I'll never have more than one serving of what I've baked per calendar day.

Connie: That's feeling like I could give that a go. I think I could handle that.

Dr. Glenn: What else does your pig say that you can't, shouldn't or won't do this?

Connie: The program in general or the lifestyle? Oh, lately, I've been hearing, "Well, this is kind of boring," and I think it's missing its food high, as you say, which is as we know, an actual chemical thing partly. But yeah, just, wow, I'm not getting her. She's not falling for it, it's just a little bit of chocolate. I don't know, it's becoming less of an obsession. It's not fun, it's boring.

And I also hear from the pig, "Hey, you know what, this is just how we end the night. Come on, how can you think we're going to -- what else you can do?" I live by myself, which is neither here nor there, I suppose, but it's not as though I have a partner going, "Hey, you know, sit back down, let's finish this movie." My life is very independent, I can do whatever I want, and I've had those squeals that I never managed those squeals as whatever, "Go! You want to go get it, get it and eat it, go!" So it's almost sometimes out of boredom and out of self-soothing, and lots of reasons, but now that I'm hearing it, there is that little bit of, hey, it's getting kind of boring and B, what are you going to do at night? I guess it's challenging me to reframe my routines a little bit.



Dr. Glenn: Okay. We're going to go back over all this. Is there anything else? Any of the squeals, anything sneaky?

Connie: Not so much other than just, well, it's never the long time and you have a lot more years to never eat a baked blueberry muffin group or a muffin, but then what I've been countering with this is, hey, this is my food plan. And when I'm ready to change it after waiting a few days and doing it how you've outlined in the book, I am more than welcome to change it. I think I'm okay. Those are the squeals.

Dr. Glenn: I want to go over this, and I think you know how we do this. I want you to jump back up into your higher self and I want you to find the lies. I'll help you when you need help. The pig says, you've never been able to do this before, so you can't possibly do it now, where is the lie in that?

Connie: The lie in that is actually, I have done it. I've done it for two years. At the drop of a hat overnight, stayed up till 3:00 a.m. researching osteoporosis, and the next day, done. So I am strong enough, and I've also done other strong things in my life like, run a crazy uphill mountainous half marathon that I didn't know was not on pavement. I am a strong person because I've done other things in my life that proved and resolved, and many others, so I would refute it.

Dr. Glenn: The other thing is that, if you drove on a highway for a thousand miles and you didn't take any of the exits, that has no impact on your ability to take the next exit.

Connie: Right. My history does not have to be the future. And I also would say that the past doesn't really matter, other than every time I'm not giving up and every time I'm continuing to go on, as you say, it just makes me stronger, and I actually said that to the pig the other night. Kind of got



me about a week ago, I can't remember which rule it was, and I said, oh, look at you, too bad for you because now I'm just coming back better, so I think that's what I would say to that one.

Dr. Glenn: When the pig says that you can't possibly walk past this slop or that slop in the market and I get it, it's too tempting, where is the lie in that?

Connie: Well, clearly, every single time I've run into a store, I've not purchased those items. So yes, there are many, many, many times like when I walk right past it, so that's the lie right there. I do it all the time. I'm just choosing to focus on the times that I have been tricked.

Dr. Glenn: When the pig says that it tastes way too good you're going to have to give in?

Connie: That's probably my toughest one, because the truth is it does taste good at the moment, but the long run, Mr. Pig is nothing tastes as good as my bone health is going to be. And I have other substitutions, and I have a food plan now that allows me to be satisfied, I don't need to be afraid of you.

Dr. Glenn: Connie, the reason that I don't eat chocolate, even though it tastes amazing, I mean, amazing, like, orgasmically amazing, is that I have made a decision when I was of sound, mind and body using my best intellectual thinking that there are certain pleasures in life that I want to abstain from in order to get other pleasures. That's what you're saying here. We're not denying that it tastes good. It tastes great. It would be amazing if you don't want to pay the price.

Connie: No, and I'm still, at this point, proving myself strong enough to still get to have it as a conditional rule. I'm really proud of myself. This was a



big one to get over for me, it was very habitual. So I think, in proving that to myself, I would be easily able to come up with my counter argument and say, hey, you know what, I can walk past it. There's lots of things in life that might taste good that I will never eat again, and I'll never really miss it in the long run and be okay.

Dr. Glenn: When the pig says that you deserve it, but you can't deprive yourself, where is the lie in that?

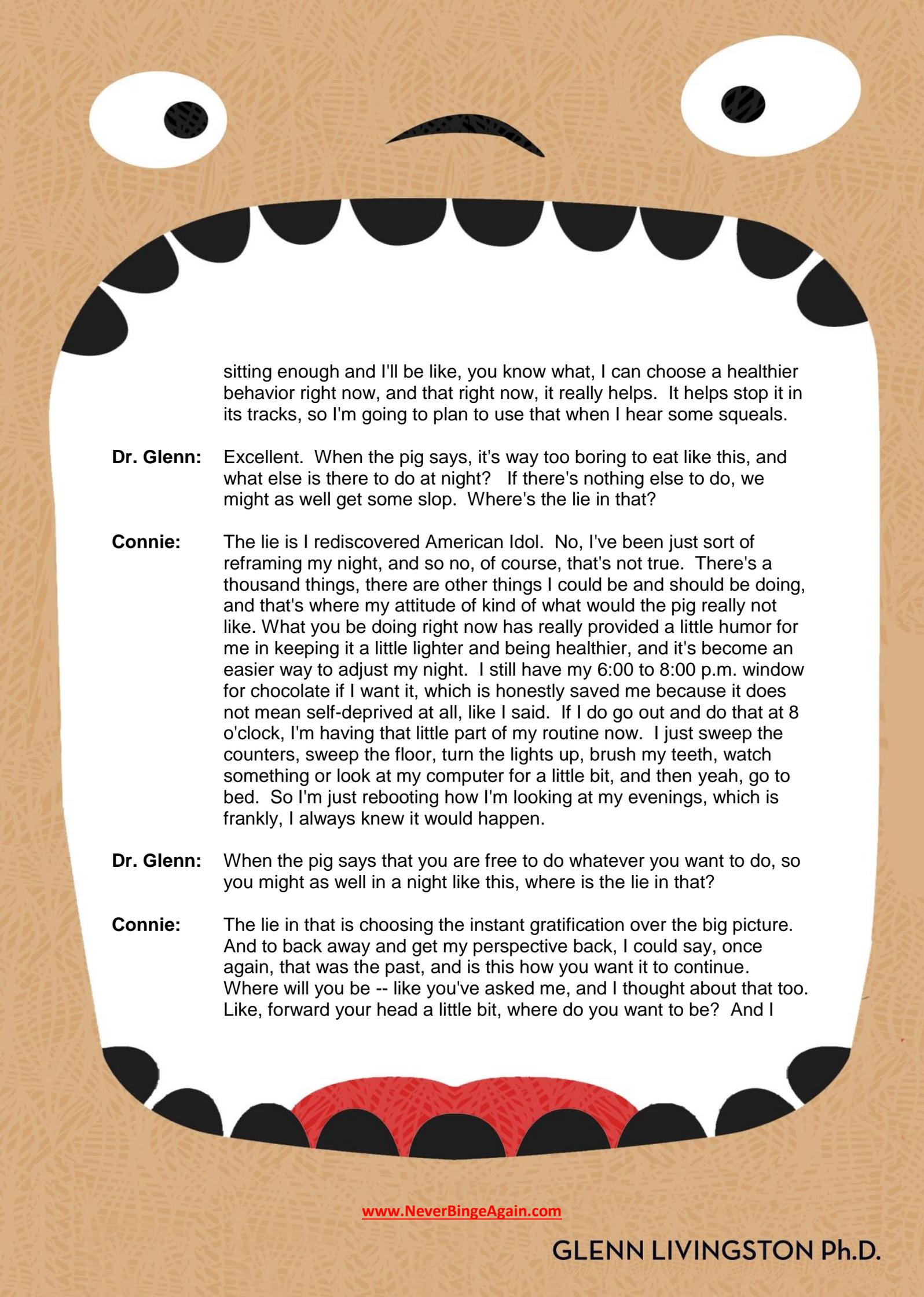
Connie: Yeah. Well, let's see. I love delineation of types of deprivation, and yeah, I'd be depriving myself of a whole lot more if I continue down this path. So right now, instead of seeing this as deprivation, and I'm not just saying this to echo your book, I truly feel more free than ever. Let's say I'm craving a Snickers bar right now, I would normally just stop and that would be it. You know, it triggered me through the day, now, like, you know what, it's just not time yet, we'll revisit this at 6 o'clock, we'll see. I can feel really proud and free, so I would say that, just that. I would say it's creating freedom and not deprivation.

Dr. Glenn: When the pig says that baking is going to get you eventually, where is the lie in that?

Connie: Oh, that it doesn't have to; that the pig doesn't have that ability to have any vision, it's just wanting a binge at the moment. I can choose to follow my food plan every given moment, like you say, now.

Dr. Glenn: And it's always going to be now, so the pig can't predict the future.

Connie: And I use that, by the way, a lot. That has so helped me in the middle of feeling like, even if it's not a rule yet, but just something that I don't like what I'm doing, like just nibbling too much here or there, or not



sitting enough and I'll be like, you know what, I can choose a healthier behavior right now, and that right now, it really helps. It helps stop it in its tracks, so I'm going to plan to use that when I hear some squeals.

Dr. Glenn: Excellent. When the pig says, it's way too boring to eat like this, and what else is there to do at night? If there's nothing else to do, we might as well get some slop. Where's the lie in that?

Connie: The lie is I rediscovered American Idol. No, I've been just sort of reframing my night, and so no, of course, that's not true. There's a thousand things, there are other things I could be and should be doing, and that's where my attitude of kind of what would the pig really not like. What you be doing right now has really provided a little humor for me in keeping it a little lighter and being healthier, and it's become an easier way to adjust my night. I still have my 6:00 to 8:00 p.m. window for chocolate if I want it, which is honestly saved me because it does not mean self-deprived at all, like I said. If I do go out and do that at 8 o'clock, I'm having that little part of my routine now. I just sweep the counters, sweep the floor, turn the lights up, brush my teeth, watch something or look at my computer for a little bit, and then yeah, go to bed. So I'm just rebooting how I'm looking at my evenings, which is frankly, I always knew it would happen.

Dr. Glenn: When the pig says that you are free to do whatever you want to do, so you might as well in a night like this, where is the lie in that?

Connie: The lie in that is choosing the instant gratification over the big picture. And to back away and get my perspective back, I could say, once again, that was the past, and is this how you want it to continue. Where will you be -- like you've asked me, and I thought about that too. Like, forward your head a little bit, where do you want to be? And I



also would say, hey, you know what, every night that that's not happening now, it's huge and it gets me further and further away from that quicksand of getting sucked back into a cycle that I don't like. So that's how it feels as we know and could do well for a while, and then it's not like stepping in mud, it's like quicksand and you're just next thing you know.

Dr. Glenn: When the pig says that never is way too long, where is the lie in that?

Connie: Really that's why I'm doing this, is to have all my forever and ever days be better. So it is a long time, but it can be a long time of looking forward to the freedom versus being afraid.

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

Connie: I'm a hundred percent. I, honestly, I have never been able to say that, not really because it's that missing piece for me that's just did it for me, being able to see it as a separate part of me that I don't have to fear it. In its most basic state, it's probably trying to protect me from a habit loop standpoint and all that stuff, but I can be bigger than that. I feel a hundred percent.

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

Connie: No, I'm sort of excited about the baking rule. I mean, instead of feeling like thinking about it was some trepidation, I'm actually feeling a challenge in a good way.

Dr. Glenn: Terrific.

Connie: That's exciting to add that in, actually, to be honest with you.



Dr. Glenn: Connie, would you do a follow up with me in a few weeks?

Connie: I would love it. I will put on my list that I'm going to try and bake a few things and test the rules. Yeah, I do.

For more information on how to fix your food problem fast please visit
www.FixYourFoodProblem.com

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