

THE STOP BINGE EATING PODCAST

with Kirstin Sarfde

Ep #350: If you binged, listen to this

Close your eyes, and take a deep breath.

And let it out.

Take another.

And let it out.

One more.

And let it out.

It happened.

If you feel disappointed, that is okay. Let yourself feel disappointed.

You did something you don't want to be doing.

But this doesn't define you.

You are a good person.

You are enough.

You are worthy.

And you are okay.

Now take another deep breath.

And let it out.

You are not going to give up on yourself.

You're going to learn from this binge so you can do better.

You are going to figure out why this happened and work on the reason.

So, what happened before this binge?

What were you doing? What were you thinking? What were you feeling?

Let's get curious about the cause of this binge.

Try to find one thing that could have contributed to this binge happening.

And if you'd like, go ahead and pause this to give yourself time to think about it or to write about it.

Now, why do you think it contributed to the binge?

Consider how you responded, how you reacted, what you were thinking, or what decision you made.

Let's get some understanding of what led to this.

And again, if you'd like, go ahead and pause this to give yourself time to think about it or to write about it.

And lastly, what do you want to work on to help you prevent the same thing from happening in the future?

What do you want to do differently to create a different outcome?

This binge doesn't mean you are going backward or that you can't stop binge eating.

You *can* do something different.

You *can* not binge in the future.

You *can* stop binge eating.

There is just something that you still need to work on to make it happen.

And you are going to work on it.

Because it's too important not to.

What you're not going to do is use this as a reason to binge more.

You don't have to keep bingeing, you're not going to keep bingeing, you can get back to your normal eating for the rest of the day, and tomorrow, and you will.

And you're not going to use it as a reason to overly restrict your food.

You are still allowed to eat the foods you binged on, and any other food you want to eat.

And when you feel hungry again, you will eat.

You will take care of yourself and take care of your body.

You will have compassion for yourself because stopping doing this is not easy.

You will keep encouraging yourself.

You're not giving up.

You can do this.

Be kind to yourself right now.

You are okay and you will be okay.