

THE STOP BINGE EATING PODCAST

with Kirstin Sarfde

Ep #399: If You're Feeling an Urge to Binge Eat, Listen to This

Close your eyes, and take a deep breath in.

And let it out.

Take another.

And let it out.

One more.

And let it out.

You are okay.

You are not out of control.

You are feeling an urge.

It is uncomfortable.

But you are okay.

Now take another deep breath in.

And let it out.

Now put your focus on your chest.

What sensations do you feel?

Do you feel pressure? Tightness? Buzzing?

Is your heart beating fast or slow?

Is your breathing fast or slow?

Is it open or constricted?

What about in your abdomen? Do you notice any sensations there?

While focusing on these sensations, take a deep breath in.

And let it out.

These sensations are your discomfort. They are the urge.

And you can feel them.

They are temporary.

You don't have to eat to make them go away.

They are not going to harm you.

You can feel them.

You *are* going to feel them.

And you will be okay.

Take another deep breath.

And let it out.

Now let's get curious about why you are feeling this urge.

There is something you are wanting and it's not just food.

Is it freedom, to eat what you want, and to eat a lot of it?

Is it to feel soothed, comforted, or relaxed?

Are you wanting something to do, to be entertained?

Are you just wanting to numb or escape?

Or are you physically, very hungry and are wanting fuel for your body?

Your answer is going to show you whether this urge is happening in response to you being overly restrictive with food or if it is emotional.

So take a moment, and if you'd like you can pause this to give yourself time to think about your answer or to write about it.

Now, why are you so badly wanting what you're wanting? Let's get curious about what has led you to not only want this, but to be urging for 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, how do you want to give yourself what you're wanting right now?

Bingeing on food isn't the only way to get it.

If freedom is what you're wanting, give it to yourself, in your mind, right now.

You are allowed to eat any foods you want to, anytime you want to.

You do not have to eat as much as you can right now. You are allowed to, and can eat those foods again tomorrow, and the day after, and any day after that, in any amount you want to.

If freedom is what you're wanting, pause this and tell yourself what I just told you. You are always free.

If feeling soothed, comforted, or relaxed is what you're wanting, sit or lay down in a comfortable position and breathe.

Give yourself permission to be still.

And think to yourself in a soothing, calming, relaxed way.

Pause this and tell yourself what you want to hear, what you would want someone else to say to you right now.

If you're wanting something to do, or if being entertained is what you're wanting, what could you do? Don't say there is nothing, and don't shut down your available options by telling yourself that it's too much effort.

What would be worth the effort? What would you feel good about having done? What might you moderately enjoy?

It doesn't have to be the most enjoyable thing in the world, moderate pleasure is enough.

Pause this and explore your options.

If you're wanting to numb or escape, numbing or escaping by eating food isn't going to solve anything. Whatever you're feeling, you can feel it. Go back to the start of this episode and apply what I say to how you're feeling emotionally. You're just feeling sensations.

And whatever you're thinking about, work through it.

Write about it. Or if you can, talk about it with someone. Get it out of your head.

If you know how to do thought work to change what you're thinking, do it.

Consider different perspectives, different thoughts, so you can truly feel better.

If you don't know how, listen to Episode #266 where I help you do it.

And if you're worrying about something, are feeling anxious about something, if you are facing uncertainty, listen to episode #227 where I help you to worry less so you can binge less.

And if you are wanting fuel for your body because you are physically, very hungry, keep taking the deep breaths, calm your body, and when you feel calm enough to eat, eat while intentionally slowing down your eating.

Do your best to calm your mind and body before and as you're eating so you can take care of your body's needs.

Feeling this urge doesn't mean you are out of control or that there is something wrong with you.

It also doesn't mean you have to eat an excessive amount of food.

And there is something you can do to help yourself while feeling it.

Take care of your wants, your body's needs as best you can right now.

And take a lesson from this urge.

It showed you that you were wanting or needing something.

And maybe you had been ignoring it until this point and that's why it went from wanting to urging.

So starting now, you are going to take better care of your wants and needs.

You and your body deserve to not be ignored.

Listen, and take care of your mind and body.

Now one last deep breath in.

And let it out.

You are in control.

You are okay.