



In this PDF, you'll find simple and practical information to help you or someone you know end binge eating. You'll learn the fundamentals of the Brain over Binge approach, and you'll learn how to stop acting on the urges to binge.

***\*Please share this PDF freely with anyone who could benefit from the information.***

Resources for binge eaters typically ask you to discover the *deeper emotional meaning* of the urges to binge, but the *Brain over Binge* approach teaches the opposite—that the urges are junk from a primitive part of your brain and aren't worth your time or attention.

The urges to binge are meaningless, powerless, and harmless. You can learn to let the urges come and go without assigning them any significance or value, and most importantly—without acting on them.

This is a brief guide to get you started on your recovery. The concepts discussed here are covered in depth in my books: [\*Brain over Binge: Why I Was Bulimic, Why Conventional Therapy Didn't Work and How I Recovered for Good\*](#), and [\*The Brain over Binge Recovery Guide: A Simple and Personalized Plan for Ending Bulimia and Binge Eating Disorder\*](#).

### ***Disclaimer:***

*The Brain over Binge Basics PDF is for educational and personal development purposes only and is **not a substitute for medical treatment** such as that from a medical doctor, psychiatrist, nutritionist, counselor, therapist, or other qualified mental health practitioner.*

*To use this PDF, **you must be at least 18 years old; you must not be suffering from complicating physical or mental health conditions; and you must not be medically underweight or suffering from anorexia.** Binge eating (and purging) can have serious health consequences, and you are, at all times, responsible for seeking medical advice when appropriate. **If you have suicidal thoughts, please get professional help immediately.***

*Results are not guaranteed from the use of this PDF, and by reading the information within, you acknowledge and take full responsibility for any and all risks involved.*

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***A special note:***

*To overcome binge eating, it is vital that you are eating enough and not dieting restrictively. Please seek nutritional guidance if you need it. [The Brain over Binge Recovery Guide](#) and the [Brain over Binge Course](#) also contain ample information to help you eat normally.*

***Learn more about the [Course](#) and get 20% off with the coupon code:***

***BOBPDF***

*(To use the code, click “have a coupon code” at checkout, and a box will appear for the code).*

## Preparing to Stop Binge Eating

You don't need a lengthy preparation process before you can quit, nor do you need to solve any of your other problems. You have the power in you right now to stop binge eating.

To prepare, you only need to zero in on your problem and understand its cause, and set your focus on the goal of recovery.

*Throughout this eBook, you will need to remember this important concept, which is fundamental to the Brain over Binge approach:*

***The only direct cause of binge eating is: Urges to binge.***

If you didn't have binge urges, you would not binge, no matter what else is going on in your life, no matter what emotions you are feeling, no matter what problems you are facing.

There is nothing inherent about strong emotions or life's problems that make you binge. It's the *urges* that drive your behavior, regardless of when, where, how, or why they surface.

Your urges encompass all of the thoughts, feelings, physical sensations, and cravings that make you feel compelled to binge.

Take a moment to think about your urges and how they get you to binge. In answering these questions, you are not trying to solve anything; you are only getting to know your urges a little better.

(You can add to these answers over the next few days as you observe your urges.)

***What do binge urges feel like to you? What thoughts encourage you to binge?***

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***Does the voice of the urge use “logical” reasons to get you to binge? List as many of those reasons as you can.***

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***What does the voice of the urge promise you? What payoff or rewards does it say you’ll get if you follow through and binge?***

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***What physical symptoms do your binge urges create?***

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*Write down any patterns you notice or anything else about your urges.*

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### *Why You Have Urges*

It is not usually helpful to try to find a complex or deep underlying emotional/psychological reason why you have these urges. Most of the time, urges are present because of two very simple factors:

- 1.) **Survival Instincts (dieting).** Binge eating is an adaptive response to dieting. Calorie restriction puts your body and brain in survival mode, causing you to crave and seek out large amounts of food. This is a normal reaction; a symptom of a healthy brain.
  
- 2.) **Habit (conditioning).** Once you binge eat many times, your body and brain become conditioned to expect and demand the binges, so your brain automatically sends out strong urges, as if binge eating is necessary for your survival. This is a normal reaction; there is nothing wrong with you.

*How do you think survival instincts and/or habit played into the development and maintenance of your binge eating?*

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## You Don't Binge to Cope (or for True Pleasure)

Mainstream ideas tell us binge eating is a coping mechanism (for difficult emotions or life's problems).

If you've been led to believe that theory in the past, you may need to let go of it before you move forward.

The following three questions can help you realize that binge eating is not a coping mechanism and that whatever pleasure it brings you isn't worth it.

***If you didn't have urges to binge, would you binge anyway, just to cope with feelings/problems in your life? Explain.***

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***If you had no urges to binge, would you binge anyway, just for pleasure? Explain.***

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***If you didn't have urges to binge, would you binge anyway, just to (insert any reason you think you may binge, such as "deal with stress," "avoid intimacy," or "be emotionally numb")?***

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Without the *urges*, binge eating in order to receive those “benefits” doesn’t make much sense. The primary reason you binge is to cope with the discomfort of the *urges*, not your other problems.

### *The Binge is Not Worth it*

The voice of your urge may promise you relief from stress, distraction from boredom, or reprieve from sadness; but the actual payoff is the opposite.

Instead of pleasure or emotional stability, you are left with shame, pain, guilt, regret, and even more problems and difficult emotions in the long run. In other words...

***The urge promises you a way to cope and true pleasure, but doesn’t deliver.***

After you binge, you realize that it was not worth it: the promise of reward is false. Use the following two questions to focus on the disconnect between the pre-binge expectations and the post-binge reality.

***Prior to a binge, what do your urges promise a binge will do for you?***

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***After a binge, what is your actual “payoff”? In the long run, do the binges provide what the urges promise?***

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Even if binges do bring some temporary distraction from problems or emotions, that doesn't mean binge eating gives you a way to cope, or true pleasure.

***Now that you know the urges are the problem, you are ready to learn how to overcome those urges and stop binge eating, starting on the next page...***



## Stop Binge Eating (Using the Five Components of Dismissing Urges to Binge)

It's time to focus on a solution to the problem you are experiencing (the urges to binge). With the *Brain over Binge* approach, your goal will be to begin viewing the urges in new way, and to *dismiss* them.

***“Dismissing” a binge urge means you stop giving the urge attention, stop believing what it says, and stop doing what it says to do.***

If that sounds too difficult right now, know that it will become clear how this is possible. Dismissing binge urges isn't always effortless, but it's not a terrible struggle. To help you, I'm going to share the ***Five Components of Dismissing Urges to Binge***.

*\*Special note: I will repeat here that this eBook is focusing on dismissing binge urges, but it's also vital that you eat enough during this process. Trying to dismiss binge urges while depriving yourself of enough food is nearly impossible. When you are starving, your urges will likely overpower you, and they will not get weaker over time. Eating enough, coupled with knowing how to dismiss binge urges, gives you the best chance to succeed. (Please seek nutritional support or see [The Brain over Binge Recovery Guide](#) or the [Brain over Binge Course](#) for more help).*

### Component 1: View Urges to Binge as Neurological Junk

The most important thing to remember while learning the Five Components of Dismissing Urges to Binge is that **the binge urges are not you**.

The voice that encourages binge eating sounds very much like your own voice, but it is not. The urges arise automatically from a more primitive, animalistic part of your brain (which I refer to as the *lower brain*).

***Your urges are only faulty brain messages.***

You cannot make these urges go away; you only need to learn to experience them differently so you can stop acting on them. Then they will go away on their own.

In this component you'll start to see that any thought, feeling, or sensation that encourages binge eating is *neurological junk*.

You may find yourself believing the faulty messages when you are in the midst of an urge, but when you are not experiencing an urge, you realize that those messages do not indicate your true wants and needs.

Completing the following writing prompts will help you see this more deeply.

***Urge Thoughts:***

***Name one thought or logical reason the “voice” of your urge tells you to get you to binge.***

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***When you are between binges and feeling rational (and not experiencing an urge), do you truly believe that the above thought warrants binge eating? Explain.***

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***Urge Feelings:***

***Name a feeling that you have prior to binge eating (anxiety, excitement, sadness, fear, etc.) and why it makes you feel compelled to binge.***

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***When you are between binges and feeling rational (and not experiencing an urge), do you truly believe that the above thought warrants binge eating? Explain.***

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***Physical Symptoms of Urges:***

***How does a binge urge make you feel physically? Name one or more physical symptoms that encourage you to binge.***

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***When you are between binges and feeling rational (and not having an urge), do you truly believe the physical symptoms warrant binge eating? Explain. (It helps to think about whether a doctor would recommend bingeing as a remedy for the symptoms.)***

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*\*If binge eating temporarily makes a physical symptom go away, this is not a cure for that physical symptom. Binge eating only ensures that the symptom will keep coming back.*

Between binge urges, your rational self can see that the urges aren't truly valid. Knowing this makes you feel less compelled to take them seriously when they arise.

## Component 2: Separate the Higher Brain from Urges to Binge

You know your urges are neurological junk from the lower brain (a result of dieting and/or habit). Now you need to know and feel that *you*—your true self—is completely separate from your urges and fully capable of dismissing them. This is what you will focus on in this component.

Start by answering the following two questions:

***What are the goals you have for yourself that are inconsistent with your eating disorder?***

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***Do you feel like you freely choose for binge eating to be part of your life? If you could push a button and make the urges go away, would you? Why?***

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Although part of you wants to hold on to your habit, you know that you want more for your life. There is a greater part of you that wants to quit.

***What you may experience as mixed feelings about recovery are the result of the two brains that are at work in binge eating: your lower brain and your higher brain.***

You've already learned that the part of you that produces the binge urges is the lower brain. Now we'll be focusing on the higher brain, which is the part of you that is actually **you**.

Your higher brain (which can also be called your human brain, and more specifically, your prefrontal cortex) gives you the power to dismiss the urges.

The difference between the higher and lower brain is an important reason why traditional treatment approaches (which focus on the deep emotional or psychological meaning of the urges) often fail.

Spending time analyzing what is wrong with *you* in therapy is ineffective when it comes to binge eating because the urges don't come from *you* at all!

***Write down some of your flaws and negative life experiences that you've previously blamed for your binge eating:***

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Everyone has flaws and problems. You had problems before you began binge eating and you'll have problems after you quit.

Remind yourself daily not to connect the above problems to your binge eating.

Once you separate from the urges, you gain the ability to dismiss them. This is because *you*—residing in your higher brain—can veto any urge from the primitive brain, and only *you* have ultimate control of your voluntary muscles.

The higher brain gives you identity, reason, and most importantly for binge eating recovery—your self-control functions.

All the lower brain can do is encourage you to binge, and send the signals of craving, but you always can decide what to do when you experience the urges.

If you think about your life now, there are times when you use self-control very effectively. There are also certain things you would never consider doing, because of a strong moral conviction or simply because the actions would be absurd or too dangerous. These actions are simply not an option in your mind.

*When the action is not an option for you, it's effortless to resist. The more you can move binge eating into the category of behaviors you would never dream of performing, the easier it will be to feel separate from the urges.*

***When you think about binge eating as “not an option,” how do you feel? (Right now, thinking this may create some fear or resistance, and that’s okay.)***

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The resistance you feel when you view binge eating as not an option is from your lower brain. When you feel this resistance, try telling yourself this:

*My lower brain wants to hold on to the habit, but binge eating is not an option for me. I always feel bad afterward, and I do not want to do things that make me feel bad.*

***Before you developed binge urges, did you ever consider binge eating as an option? Likewise, when your urges go away, would you ever entertain binge eating as an option?***

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Now you know you don't have to identify with your urges anymore. You are separate and capable of choosing another path.

## Component 3: Stop Reacting to Urges to Binge

The goal of this Component is to minimize and often eliminate the uncomfortable feelings that the urges create, because those feelings can be what leads you to give in to the urges.

***To begin Component 3, take a few minutes to think about feelings that your urges elicit in you, and write those feelings here (common feelings are frustration, anxiety, depression, excitement)***

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Often, you may binge just to make those uncomfortable feelings go away. Without those feelings (or by reframing how you think about those feelings), you will be better able to let the urges come and go without giving them attention.

*The uncomfortable feelings you experience are often due to your reaction to the urges.*

Take a few minutes to think about how you typically react to your urges (besides giving in)

- Do you get angry that the urges are present and/or won't go away?
- Do you begin to feel sorry for yourself that you can't just binge without all the consequences?
- Do you begin to create plans to binge and get excited?



- Do you try to analyze why you are having the urge and become frustrated that you can't find a reason?
- Do you argue with the urges, making yourself anxious?

Some of your reactions are automatic and come without your conscious input, but some reactions are of your own creation.

To stop reacting to urges, it's helpful to use **detachment**.

Detachment is when *you* (the real you in your higher brain) aren't involved in what you are experiencing.

Even though the internal and external factors are still there, you are no longer personally invested.

Detachment is when you simply let the urge be without fueling it with your mental and physical energy.

***Imagine what it would look and feel like to detach from your binge urges and experience them without reacting, and write about that here.***

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If you look at how you go about your day, you'll find that you naturally stay mentally and emotionally detached from certain things/people/places/situations that don't matter to you. Otherwise the world would be too overwhelming and distracting.

It's possible to do this with binge urges as well, because the urges truly don't matter to *you*. They are just neurons firing in lower brain and there is no reason to become emotional about them.

To practice detachment from binge urges, complete the following written exercise:

***Write down a thought that typically encourages you to binge (Example: “No one is home tonight, this is your only chance,” or “Just one last time, then you can start over tomorrow.”)***

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Now close your eyes and think the thought you wrote...

*Don't offer any counterarguments to the thought. Don't engage in any mental dialogue with it (if other thoughts come up automatically, that's fine—simply observe them)*

Notice that when you don't react, no strong or uncomfortable feelings surface. The more you repeat this exercise, the more you will realize this:

*Just because you hear something in your head, or feel a physical sensation in your body, it doesn't mean you have to let it affect you.*

## Component 4: Stop Acting on Urges to Binge

This step is the cure for binge eating. You have a binge eating habit because you've acted on urges many times.

The only way to reverse the habit is to stop acting on those urges. In this way, recovery is vastly simplified.

*When you stop binge eating, the neural connections that supported the destructive behavior will fade, and the urges will go away. Each time you don't act on an urge, you are actually utilizing neuroplasticity to rewire your brain.*

To avoid acting on the urges there is nothing you **have** to do. When the urges arise, your only goal is to remain detached and not act on them; but you *can* do anything you'd like during the urge.

***The brain learns better from success than failure, so you are going to keep track of your successes only. Whenever you avoid acting on an urge, write about how it felt, what you did or didn't do, and what you learned in the space below.***

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If there are times that you *do* act on urges, don't dwell on that.

Come back to the page above and read about how you succeeded in the past, so you can move forward with renewed focus on what works.

When you change your perspective surrounding the experience of the urges, dismissing them may be easy for you.

You may have instant success that snowballs quickly into complete recovery.

Alternately, it may prove to be uncomfortable at first and take some time before you can consistently *not act* on urges.

If you are finding dismissing urges to be difficult, the next written exercise will help you view the discomfort in a new way.

***What discomfort do you have during a binge urge, when you are not acting on it? Describe in detail what exactly is uncomfortable about the experience:***

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***Now write about the discomfort you have after a binge. Describe in detail all of the uncomfortable physical and emotional sensations you have post-binge.***

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Look at your answers to the two questions, and ask yourself:

***Which discomfort would you rather? The temporary discomfort you have while not acting on an urge, or the post-binge discomfort? Consider which lasts longer and which is more painful.***

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It's important to recognize that you *do* have a choice, but for the vast majority of people, the binge eating causes much more discomfort than any unmet cravings.

Remember that discomfort is part of most beneficial changes in life; it only signals that you are growing into the person you want to be. Furthermore...

*The discomfort you feel when not acting on an urge isn't actually **your** discomfort; it's the lower brain's.*

When you feel uncomfortable not acting on an urge, remind yourself of this:

*The lower brain prefers comfort (it's a normal survival mechanism), but its comfort (binge eating) causes **you** much more discomfort and pain that you aren't willing to live with anymore. **You** are actually much more comfortable dismissing urges.*

## Component 5: Celebrate Your Success (Get Excited about Resisting Binge Urges and Recovery Itself)

Component 5 is a bonus, and for most people, it's a very natural product of Components 1-4. When you don't act on binge urges, you *are* excited, and it *is* a reason to celebrate!

This excitement isn't just about feeling good; it actually has a useful neurological function. It speeds along brain changes that erase your binge eating habit.

Praise (including praise from within), and excitement for learning something new cements that learning on a physical level in the brain. In other words...

*Celebrating a new discovery or skill increases the likelihood that it will be remembered and repeated.*

Congratulating yourself serves to strengthen connections in the prefrontal parts of your brain and weaken the pathways in the lower brain that supported your habit.

***How can you turn attention toward your higher brain's success in dismissing urges? (Examples: Verbally congratulating yourself, rewarding yourself in non-food ways; announcing it to a trusted friend or mentor).***

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As you have more and more success dismissing binge urges, you'll notice other things in your life that are worth celebrating as well.

Without binge eating, you have the wonderful opportunity to do other things. Although doing other things won't magically take your urges away, focusing attention elsewhere can actually help the faulty brain pathways change faster.

Of course your life won't be perfect, and you'll have problems just like everyone else in the world, but turning your mental energy away from binge eating, as well as being excited about the positive effects of being binge-free, will help weaken the habit.

***What is already in your life that you can focus attention on (especially those things you can get excited about)? What positive things can you add to your life?***

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***What are the positive results of not binge eating? (Every time you add something to this list, get excited about it!)***

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*A Note from Kathryn:*

This is the end of *The Brain over Binge Basics*. Thank you for reading! I hope it has helped you see your binge urges in a new way and allowed you to feel your own power to overcome them. If you want to read and learn more, I have a [blog](#), [podcast](#), and other recourses available on [BrainoverBinge.com](#).

If you are like most binge eaters trying to end the habit, you likely have questions. Most people find it comforting to know that they aren't the only one with a certain issue or concern. Over my years of helping binge eaters, I noticed common themes in what people asked me, and I decided that it would be practical and useful to compile and record detailed answers to all of these questions.

This task took me over a year, but when it was complete, I had created 84 Q&A audios that are now a central part of the [newest version of the Brain over Binge Course](#). (The course also includes 30 additional audios, and in total, there is about 1,000 minutes or 17 hours of guidance, tips, information, suggestions, and ideas).

You can get access to two of the Q&A audios in [Free Preview of the Brain over Binge Course](#). The questions available in the Free Preview are:

- 1. How much focus should I put on recovery?**
- 2. Food is constantly in my thoughts. Even if I'm not having urges to binge, I'm incessantly thinking about eating.**

You will also get 2 additional audios & more to help you in recovery, so I encourage you to check out the [Free Preview](#).

**Course Coupon Code**

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(Click "have a coupon code" at checkout)

You can read on to see the entire list of questions that are included in the complete course, but first, I want to tell you a little more about why I took the time to create the Q&A audios...



I was previously answering questions frequently in group coaching or one-on-one coaching, but I saw room for improvement. I found that I would sometimes inadvertently leave out something I wanted to say, or I found it difficult to give a detailed answer in a short message on a forum or on a time-limited group call when there were many more questions to address. I also realized that a coach's, counselor's, or mentor's time is extremely valuable, and because of that, it's not financially feasible for everyone to have a personal coach.

I decided that answering these questions in a recorded format could be the next best thing to having a personal coach, and could be much more affordable for people who need guidance.

You definitely can't put a price on freedom from an eating disorder because it's worth any amount of money; but the reality is that binge eaters are often also struggling students, parents, caregivers, and people just trying to make it in this world, and I wanted to make coaching more accessible. *(The course also includes my [Coaching Audios](#), which give you extra encouragement, reinforcement, and motivation)*

The following is a list of the questions you'll receive detailed answers to in the course. Remember you can listen to two Q&A Audios in the [Free Preview of the Course](#).

### **Q&A AUDIO QUESTIONS:**

**How much focus should I put on recovery?**

**Can you explain more about the word "dismiss"? Is it the same as willpower?**

**What does "don't diet" mean?**

**Should I exercise during recovery?**

**What if I'm taking medication to try to help me stop binge eating?**

**I'm having a hard time defining my binges. How can I decide what is a binge and what is not?**

**I don't feel like I get urges. My binges feel automatic. How can I dismiss urges if I don't experience them?**

**I feel like there are deeper emotional reasons for my urges. What does that mean for recovery?**

**What do I do about all or nothing thoughts that seem to lead to binge eating?**

**What if I'm unhappy with my weight during recovery?**

**What is the purpose of journaling in the Brain over Binge approach?**

**What is the role of alcohol in binge eating? Should I drink alcohol while trying to recover?**

**Should I continue therapy?**

**How do I deal with others who are dieting?**

**Can you talk more about the lower brain and why it's not really me, and how to separate from it?**

**I don't seem to be able to eat sugar in moderation. Should I give up sugar?**

**I'm overeating in a way that feels very similar to binge eating. I feel like my overeating is almost as problematic as my binge eating, and it makes me feel out of control. How can others that I've confided in about my binge eating best help me?**

**How long will it take for my binge urges to go away once I stop acting on them?**

**Is it okay to do something else during urges or should I avoid distracting myself?**

**Is it okay to eat or drink while I'm having an urge to binge?**

**My urge thoughts are compelling and I often end up believing them and acting on them.**

**What do I do if my urges keep coming back after I dismiss them?**

**I feel like I can't allow myself to get excited about dismissing an urge or having another success in recovery.**

**I'm planning binges in my mind long before I'll have an opportunity to binge. What do I do about thoughts that come well in advance of a binge?**

**I'm still reacting strongly to binge urges. The urges make me feel panicked and stressed, and it seems like a binge is the only thing that will calm me down.**

**Should incorporate mindfulness or meditation into recovery?**

**I'm having trouble getting past the idea that my binges are enjoyable. Even if I did not have urges, I think I would still choose to binge, if there were no consequences.**

**My urges get worse when I'm stressed. I know the urges cause the binge eating, but the stress seems to make it so much harder.**

**I binge more at night more than I do during the day. How do I deal with nighttime urges to binge?**

**How are binge urges different from the binge triggers that I learned about in traditional therapy?**

**I only feel good when I'm a certain weight or when I look a certain way. I'm grazing throughout the day and that's leading to guilt, and binges. How can I avoid a fear of relapse?**

**I do well on days that my life is relatively calm, but when I have a demanding work and family schedule, I find it so hard to dismiss urges.**

**How do I know if I'm having an urge to binge or if I'm just hungry?**

**I am working on ending the binge eating habit, but I need to lose weight. How can I lose weight without triggering my survival instincts?**

**My desire to restrict food feels very strong. How can I overcome this so that I can eat adequately?**

**I'll eat dinner or another meal and then I just keep getting more and more food and I often end up bingeing. How do I find a stopping point when I eat?**

**Is it okay to eat healthy and avoid junk foods during recovery?**

**I'm having trouble stopping my purging behaviors. How do I deal with urges to purge?**

**Thoughts of compensating for the binge (by restricting or purging) are encouraging me to binge. How can I deal with these thoughts?**

**I'll have a few good days, but then I seem to automatically slip back into restriction and binge eating. How can I have continued success?**

**How can I handle events where there is a lot of food?**

**I'm having a lot of trouble recognizing and deciphering my body's signals of hunger and fullness. What should I do about this?**

**Fullness makes me feel anxiety and it also seems to trigger urges to binge, or binge and purge. How can I learn to deal with feelings of fullness?**

**I want to eat based on my hunger, but it often does not fit with my schedule or when my family is eating.**

**I don't go into binges with the intention of bingeing. I tell myself I'm just going to have one bite, but then I find myself bingeing.**

**I fear my hunger. I worry that when I'm hungry, I'll binge.**

**Should I incorporate former binge foods into my diet, and how do I go about doing this?**

**Late in the day, I want the immediate gratification of a binge, and I don't even care about the consequences. How do I stay motivated at the end of the day?**

**Can I use a diet like keto, weight watchers, paleo, or intermittent fasting to guide my eating?**

**I'm bingeing or just eating in the middle of the night. How do I dismiss urges at this time?**

**I have a lot of anxiety about my weight.**

**I have a lot of black and white thinking, so I feel like when I don't restrict, I binge.**

**I'm mindlessly overeating. How do I stop myself? Should I consider this behavior a type of binge?**

**I resist the work of recovery. Is it possible that I don't actually want to quit binge eating?**

**Should I dismiss my desires to eat emotionally? How does emotional eating affect recovery from binge eating?**

**I feel like as I try to quit bingeing, my urges get stronger. What can I do about this?**

**I've heard that food addictions can stem from problems with my neurotransmitters. How can I overcome this?**

**How do I quickly overcome a setback?**

**How do highly processed foods affect binge eating and recovery?**

**What if I'm gaining weight during recovery?**

**How can I learn to accept my body?**

**I feel like my rational self wants to binge. What do I do when I feel like I'm choosing to binge?**

**Should I make a big resolution to never binge again? Or, should I just aim to reduce or delay binges and accept that slips are part of recovery?**

**I get more urges during PMS or when I'm feeling off hormonally or physically. What can I do about this?**

**My most convincing thought says it won't hurt to binge "one last time." How can I get past this thought?**

**Can I dismiss any thought that's harmful to my recovery?**

**Food is constantly in my thoughts. Even if I'm not having urges to binge, I'm incessantly thinking about eating.**

**After stopping the binge eating habit, I'm having other obsessive thoughts and also regrets about the time I lost to binge eating problems.**

**I clear my plate every time, even if I feel full. How do I learn to put the fork down when I'm full?**

**I'm eating less than the calorie recommendation of the Brain over Binge approach. Is this okay provided I'm not feeling restricted? Also, if I'm counting my calories to make sure I'm eating adequately, how long do I need to do this?**

**I stopped bingeing and purging (in the form of vomiting). I thought I would feel great and healthy, but I feel less energetic, fuzzy, and bloated. Will I feel better over time, or is this the new normal I should expect?**

**I feel in control and successful when I restrict, and I feel guilty and fat when I try to eat adequately, which usually leads me to just giving up and bingeing.**

**Will there be a point when I can consider myself healed, or do I need to constantly work on recovery? What are my chances of relapsing?**

**When I binge, I feel like I might be subconsciously self-sabotaging my recovery. Is it possible that I'm continuing to binge because I think I don't deserve recovery?**

**Can I do a gentle diet for health reasons? For example, a weight loss eating plan crafted by a nutritionist to make sure I'm not hungry.**

**When I want a dessert or sweets or to snack when I'm not hungry, I don't know if it's me or my lower brain that wants it. How can I tell which cravings to follow and which ones not to follow?**

**How do I deal with others who are giving me bad advice, eating in front of me in ways that are not helpful, or constantly offering me food?**

**During the urge to binge, I'm telling myself "No, I don't want to binge," or I'm telling myself "This is just an urge from my lower brain," or "A binge is not an option," or "The urge has no power to make me act." Is it wrong to do this? When I tell myself things like this, does it mean I'm fighting the urge?**

**I'm having trouble finding things to do instead of binge. What are some ideas of alternative activities?**

**I know that dieting can lead to the initial development of binge eating, but can problematic cravings also lead to the development of bingeing?**

**What if I need to gain weight after stopping the habit?**

If you don't feel like you need the whole course, but you want some additional support while you are using the Brain over Binge approach, you can [get the coaching audios separately](#), to help you stay focused and motivated. I wish you much success! I know that freedom from binge eating is absolutely possible.

*-Kathryn*