

Manage Your Mindset After a Binge (Transcript for free course track: [listen here](#))

I know you're disappointed in yourself. I know you wish you had not binged. But, it happened, and all you can do now is move forward. One binge does not define you or your recovery. It does not mean all is lost, it does not mean you are now on a downward spiral, it does not mean that you're incapable of ending this habit for good.

It can only means those unhelpful things if you believe that it does, but you are going to start right now to believe new things and foster a more helpful mindset. You are going to implement more practical and recovery-promoting beliefs about yourself and the binge that you had. You're are going to manage the way you are thinking about this so that you can keep making progress despite the binge, and also so that you can learn from this binge in order to prevent it from happening again.

You may be used to going into a hopeless mindset after a binge, but that stops today. Know that everyone who has ever recovered from bingeing has been where you are now...feeling regret about a binge, wishing it had not happened, and wondering how to pick yourself up and keep going. If others have overcome this, you certainly can as well. We are all human and we all make mistakes and do things we don't want to do at times, and feel shame about our choices. But, you are so much more than this particular low moment in your life, this moment doesn't determine the direction that your life will go—because you are not going to let it.

I am going to walk you through 5 ways to keep your mind in state that helps you overcome this binge and get right back to retraining your brain and working toward freedom from bingeing.

The first thing you're going to do is **simplify your thinking about the binge.**

After a binge, the mind often tries to explain it, or come up with complicated reasons for it. You'll have thoughts about what the binge means, why you did it, and the circumstances and emotions surrounding it. You may start to think the binge is because something is deeply wrong with you. Getting stuck in that sort of thinking can feel overwhelming, and it's not helpful for recovery—because it makes you think you need to fundamentally fix yourself in many ways or solve many problems in order to get a handle on this. And this can really make recovery seem impossible—especially at this time when you're feeling frustrated and upset about the binge, and you're not really feeling capable of accomplishing big goals.

So, right now, I want you to keep things simple for yourself by keeping the explanation of your binge simple.

You binged because you acted on one urge.

Anytime your mind starts to spin with more complicated reasons or tries to blame your circumstances, remind yourself that you binged because you acted on one urge. Acting on an urge does not mean you're a failure or that you're broken. You just temporary got caught up in the false appeal of the binge, and the temptation of the urge, and you acted on it. A binge was not what you actually wanted, but the primal part of your brain that encourages binge eating can be convincing, and in a moment, you simply believed and followed your habitual drives.

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Now, there may come a time when you do want to analyze some things in your life, or make some helpful changes within yourself, but when you're in this brain state after a binge, keeping things simple is best. When you streamline your focus on the urges as the problem, it allows you to start making progress again much more quickly, because getting back to being binge-free does not involve anything complicated or any major self-transformation. It just involves not acting on the urges...and of course, eating enough food as well.

The next way to manage your mindset after a binge is to **take care of yourself**.

This applies to your physical, mental, and emotional self. You may be used to punishing yourself after a binge, but that will only create more pain. Self-punishment and self-criticism are not effective paths to change. I want you to believe that there are better days ahead for you. Believe that you will have a life on the other side of bingeing, and commit to treating yourself well during this time.

As you think about how to take care of yourself, think about how you would treat a friend or a family member or someone else that you care about who did something they regret. Think about lovingly helping that person through their pain.

First and foremost, you would want to make sure that person is safe and protected from further harm. And so your own highest priority needs to be to make sure that you are safe and to reach out for help when you need it—by getting any medical help you may need, or nutritional support, or counseling, or coaching during this time that you are moving forward from this binge.

Taking care of yourself means you're not going to try to compensate for the binge with food restriction or excessive exercise, or with other damaging forms of purging. This will only perpetuate the cycle and leave your body with more physical damage, and it will fuel more urges to binge.

At a basic level, taking care of yourself involves self-compassion. Beating yourself up mentally and emotionally will not serve a purpose in your continued recovery. Treating yourself kindly does not mean that you're approving of the fact that you've binged, it does not mean that you're suddenly going to start thinking positively about what happened. It just means that you are going to forgive yourself, you're going to accept that you're an imperfect person, and you're going to care for yourself even though you're feeling low.

That brings me to my next piece of advice for keeping a helpful mindset after a binge, and that's to **accept temporarily feeling low**.

I'm not going to try to cheer you up right now, although if it is helpful for you to give yourself positive affirmations, then that's great; but typically, you're not going to feel up to that so soon after a binge.

Binges cause neurochemical shifts in our brain that can interfere with our ability to think clearly and to feel positive emotions. A binge and the physical and emotional toll is a lot for the body

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and the brain to process—and add to that the isolating nature of a binge, and it only makes sense that you may be feeling sadness and other negative emotions.

Remember you're taking care of yourself through this, but that does not mean you have to try to force yourself into a more cheery outlook. This time of feeling low will pass. You can do anything that you feel would be healthy for you and help you get through this time, and you certainly can do things that you believe will allow you to feel better. But mostly what you need is time for the effects of the binge to pass, and you'll naturally start to feel more hopeful, and you'll start to want to refocus on what you need to do to heal—because you know you don't want to continue feeling this way.

That brings me to my next suggestion and that is to **acknowledge the effects of the binge**.

You will learn from this, you will move on from this binge stronger than before and continue toward recovery. And part of learning from the binge and moving forward is fully realizing that binge eating is not what you really want. You don't want to pretend everything is great right now when it's not, and if pretend everything is fine, you'll miss the opportunity to reaffirm that you want binge eating out of your life for good.

Without being harsh with yourself, you can be honest with yourself about how disappointed you are and how much the binge has affected you. It's okay to be sad about the time that you've lost to the binge, or the plans that you missed out on, or the more important things you didn't get done.

Do this without self-criticism. Again, treat yourself like you would treat someone you love who is hurting—you would not try to pretend their pain didn't exist, but you also would not criticize them for it. Acknowledge the negative effects of the binge provides confirmation to yourself that a binge is never a good thing—it's never fun, it never adds positivity to your life, and you're never glad you did it.

Whatever temporary pleasure the binge may have given you was not worth the costs, and fully realizing this helps you see that any tempting thoughts and feelings you had—while you were experiencing the urge to binge—were false. Even if, in the moments prior to the binge, you felt like you wanted to engage in that behavior, the binge did not give you anything that you actually wanted, and it never will. The next time you experience the urges and the false appeal of the habit, you'll be better able to recognize it and let the urge pass without acting on it.

This brings me to the final way to help manage your mindset after a binge, and that is to **reconnect with your true self**.

Because your true self, in your higher brain, is the part of you that's going to end this habit.

You've already taken the time to acknowledge the fact that you do not want binge eating in your life, and now it's important to take some time to connect back with what you really do want and who you really are. Remember, you simply acted on one urge, but that is not who you are. You're more than what you ate, you're more than a number on the scale, you're more than the

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way you feel right now. You will overcome this, you will do what you need to do to learn to avoid acting on the next urge to binge, and you'll learn to nourish your body, and you'll prevent this from taking up any more of your life. You are going to make new choices going forward, from a place of self-compassion, and from a desire to heal.

Take some time right now to breathe and to think about what is important to you in your life. Focus on what you want for yourself in the future—in a life that is completely free of binge eating. It's okay if you cannot fully visualize that right now, or you just don't know what your binge-free life will include. As you have more and more success and more and more binge-free days, that picture of your binge-free life will become much more clear.

For now, just try to think about one thing that is important to you, and that helps you feel like yourself, and that helps you reconnect to the part of you who no longer wants to binge. You can also do something to help yourself reconnect with the binge-free version of yourself. It can be something as simple as listening to music, going for a gentle walk if you feel up to it, reading inspirational quotes, meditating, or reaching out to someone you care about. Even though you're still feeling the physical, mental, and emotional effects of the binge, you can begin to experience your own power to direct your life, to make change, and to let go of this habit.

Now that you've learned to manage your mindset after a binge, I encourage you to take the next step in recovery, and there are so many good resources out there to help. If you do want to use the Brain over Binge approach to learn to avoid acting on your urges, you can get access to my practical and motivating online [Course](#) for only \$18.99 per month at [BrainoverBinge.com/subscribe/](https://brainoverbinge.com/subscribe/). You can also get [Group Coaching](#) in addition to the course, which is a powerful form of support in recovery. You can learn about that at [BrainoverBinge.com/group/](https://brainoverbinge.com/group/).

I hope that you'll do what you feel is best for you in recovery because you deserve to live a binge-free life.

To summarize what you've learned here, there are 5 ways that you can foster a more recovery-promoting mindset after a binge. You've learned to simplify your thinking about the binge—remembering that a binge just means you acted on one urge. You've committed to taking care of yourself after a binge. You've accepted that you'll temporarily feel low. You've acknowledged the effects of the binge, and you've reconnected to your true self—in order to guide your recovery going forward.