

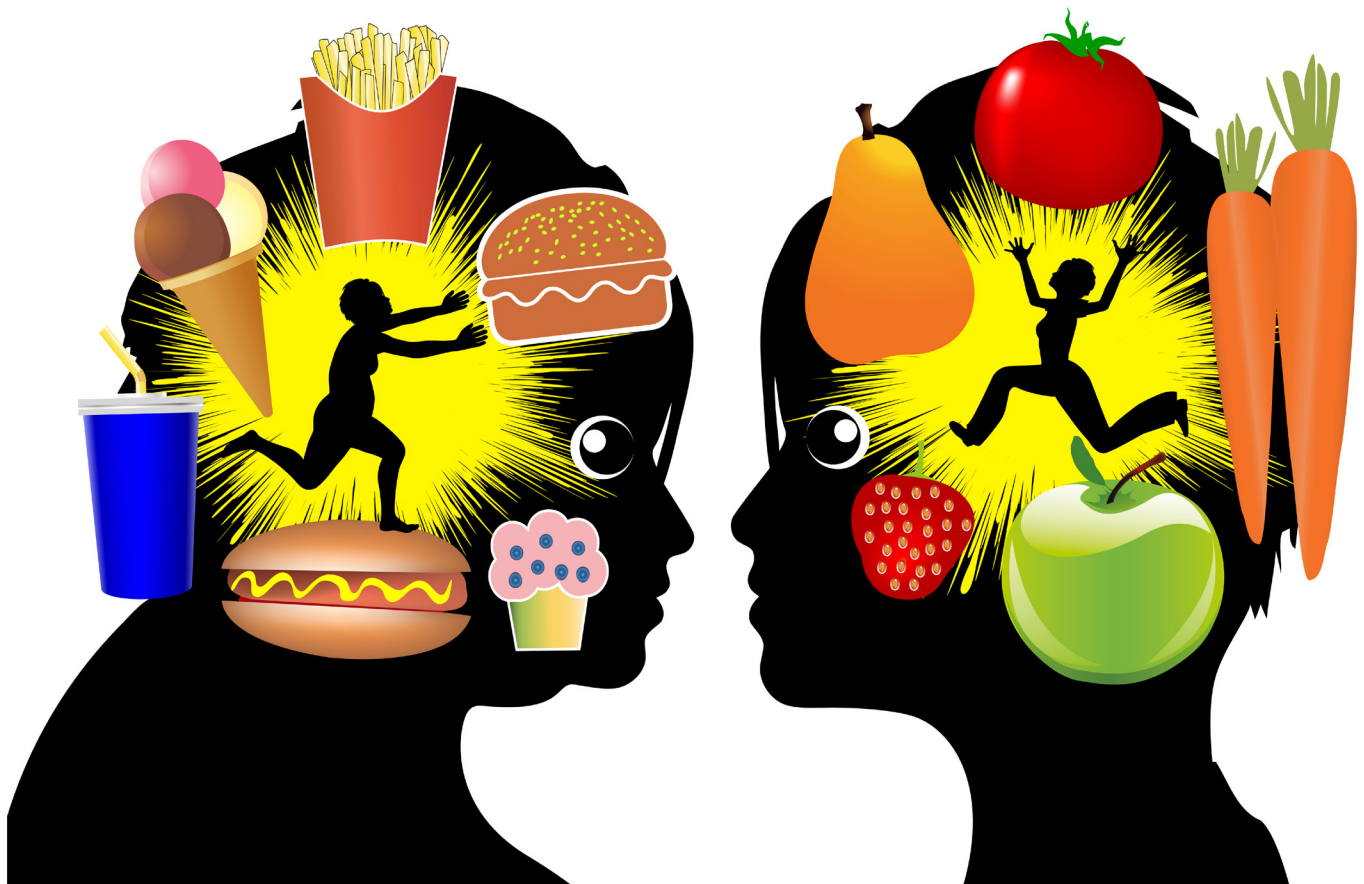


STOP
binge eating

Stop Binge Eating *Workbook*

**END THE STRUGGLE OF BINGE EATING AND FEELING
OUT OF CONTROL.**

GET TO THE SIZE
YOU ARE MEANT TO BE.





WHY

is it so **Hard?**

BECAUSE YOU WANT THE FOOD **SOOO MUCH!**

So Much **DESIRE.**

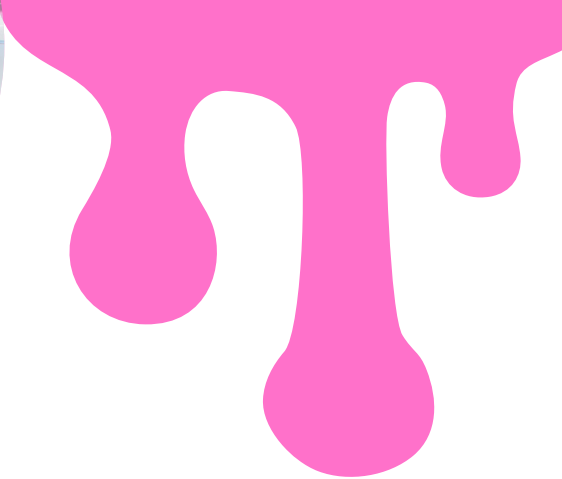
- 🧠 SUGAR ADDICTION
- 🧠 Overwhelming URGES
- 🧠 Cravings
- 🧠 HABIT

- 🧠 FAKE PROCESSED FOOD
- 🧠 EMOTIONS
- 🧠 WITHDRAWAL

What Is The Reason You Want To Stop Overeating?

What Is The Reason You Want To Lose Weight?

Are You Willing To Give Up Food As You Know It To Have Freedom From Overeating And Being Overweight?



URGE

WORKSHEET

Process your urge to Binge without acting upon it.

YOU RESPOND TO YOUR DESIRE TO EAT. YOU FEEL AN URGE AND IT FEELS “URGENT”. You respond to this urge by overeating or bingeing . This creates a pattern.

What exactly does an urge to binge feel like when it first appears?

Write down your next five urges here:

- 1
- 2
- 3
- 4
- 5



Take the time to notice and observe them when they arrive.

FEELINGS

WORKSHEET



What happens when you don't give in "to the urge" to Binge?

Yep. Aha.

You feel REALLY Bad.

That's the feeling you are trying to avoid.

YOU EAT BECAUSE YOU DO NOT WANT TO FEEL.



What Are The Emotions You Try To Avoid Having On A Daily Basis?
List Them Here:

How Do You Feel After You Overeat/Binge?



WHAT IF

YOU COULD REDUCE YOUR DESIRE FOR OVEREATING?

Have You Ever Had The Urge To Eat A Rock?

What If You Felt That Way About A Donut?

What If You Simply Did Not Want It?

Easy Right?

WHEN THE DESIRE IS GONE YOU WILL NO LONGER HAVE THE NEED FOR WILLPOWER.

You will no longer need EFFORT to resist overeating. It will be EFFORTLESS.

If you no longer had the Desire to Binge/Overeat and it didn't require effort:

Where Would Your Effort Be Reallocated? (In Others Words What Would You Do Instead, Goals/Dreams)



CREATE

A FOOD PROTOCOL

MAKE A PLAN

EAT REAL FOOD NOT FAKE

Food manufacturers alter our food to make it more addictive for their own profits.

Sugar and Flour are highly processed, highly manufactured foods that increase cravings and food addictions.

ARE YOU WILLING TO BECOME A PERSON WHO DOESN'T EAT SUGAR AND FLOUR REGULARLY(Regularly means most of the time not ALL of the time)
WHY OR WHY NOT?

WHAT ARE THE REASONS THIS MAKES SENSE TO DO IF YOU WANT TO STOP OVEREATING?

THINK ABOUT YOURSELF IN THE FUTURE.

WHAT DO YOU WANT TO WEIGH?

WHAT SIZE DO YOU WANT TO WEAR?

HOW DO YOU WANT TO THINK AND FEEL ABOUT FOOD?

ARE YOU COMMITTED TO MAKING THESE CHANGES?



**TO CREATE THE CHANGES YOU WANT TO MAKE
TO BECOME THE PERSON YOU WANT TO BE**

WORK WITH
Me



FREE 1 ON 1 MINI SESSION

STOP
binge eating