

Learn How to **Mindfully** Lessen or Avoid a Binge

The following five point self-questioning strategy has been developed to help you avoid or lessen a binge. This results from clarification of your innermost needs and feelings and removal of obstacles to direct, positive, and **mindful** action.

When focusing on food, ask yourself, “Is it my stomach or my head that wants food?”

- Whenever it is your stomach, relax, eat, enjoy, and skip the guilt. Take it a step further. Now that you are free to choose, ask yourself, “What is it that I really want to eat?” When food is legal and you can comfortably feed yourself on demand, you may find that beneath the deprivation and guilt driven cravings for forbidden chocolates there is a long hidden craving for fresh fruits and vegetables. You can only make that discovery if food is legal. Only then can you choose healthily and not feel deprived.

What if it is your head . . . ?

- Ask yourself, “How is my balance?” “Are areas of my life being neglected?” “What do I really want or need that I am not getting?” “What am I for rather than against?”

- Ask yourself, “What are my feelings?” “What would I be feeling if I was not focusing all my time and energy on food and weight issues?”

- Ask yourself, “How do I block myself from getting what I need or expressing how I feel?” “What am I avoiding?” “If I was not into food, what would I be focusing on and doing?” “What would I have to deal with that the food and weight problem now protects me from?”

- Finally, ask yourself, “What direct action should I take to get what I need or express how I feel?” “Am I willing to take responsibility for me?”

Struggling to find honest answers to these questions is vital. Once answers have been found and acted upon, the food-emotion connection is broken.