

5 Proven Steps To Break The Binge Eating Cycle

Understand why you binge
and how to stop.

Jake Linardon Ph.D



BREAK BINGE EATING

Introduction

Hi There!

Welcome to our five simple steps to help you break out of the binge eating cycle, permanently.

If you're someone who...
Is fed up of regularly cycling through episodes of uncontrollable binge eating
Is desperately trying to break out of this cycle
And just wants a normal life with food again

This eBook is for you.

Throughout this eBook, I am going to go through five simple self-help steps that will assist you in breaking out of the binge eating cycle.

These techniques are scientifically proven to be effective in breaking the binge eating cycle! In fact, research shows that nearly half of those who implement these strategies properly experience a 70% reduction in binge eating within just 4 weeks.

Just remember that if you've been binge eating for many years, then you shouldn't expect success overnight. It will take time. You need to be patient.

To help you along your journey, I've also

provided you with some additional worksheets that will come in handy when you're completing some of the recommended steps.

If you have any questions along the way, then please feel free to email me at jake@breakbingeeating.com.

Let's begin!



About Break Binge Eating

If you're reading this, then there's a strong possibility that you know someone who has had an eating disorder. It may even be yourself.

Eating disorders pose an important threat to an individual's physical, mental, emotional, and social wellbeing. The unfortunate reality remains that fewer than 25% of people with an eating disorder access basic care.

We want to change this.

At Break Binge Eating, we aim to provide evidence-based, accessible, and easy-to-digest information related to eating disorders so that the millions of people affected can be helped.

To learn more visit breakbingeeating.com.au

About the Author

Jake Linardon, Ph.D., is a Research Fellow and Lecturer at Deakin University in Melbourne, Australia. Jake's research focuses on how we can best improve existing eating disorder treatments.

He is the founder of Break Binge Eating, a open-access website designed to bring free, evidence-based information and research related to eating disorders

Jake is also an author of more than 40 peer-reviewed journal articles, most of which are published in the world's leading clinical psychology journals, and he currently serves as an editorial board member for the International Journal of Eating Disorders and Body Image.



What's Causing
Me To Binge?

What's Causing Me To Binge?

Before you can even think about tackling your binge eating, you first need to know what's causing it.

Once you know this, then tackling binge eating will be much easier because you'll understand what you need to work on in order to break through the cycle!

Luckily, binge eating is pretty predictable. We usually have a very good idea on what's causing it.

There are usually three broad causes of binge eating, but I should note that you may not experience all three of these. Rather, it's possible that you only experience one or two of these causes.

Cause 1: Rigid Dieting

Got a list of food rules you're trying to follow? What about some of these food rules we typically hear about?

"I'm trying to stay away from carbs"
 "I'm doing this fasting program where I only eat between 12 PM to 6 PM"
 "I'm only allowing myself 1200 calories per day"
 "No thanks, chocolate is off-limits for me"

Perhaps you attempt to diet even harder after a night of binge eating?

You might not want to hear it, but rigid dieting is a direct cause of binge eating.

What I mean by rigid dieting are the strict food rules that tell you when, what, and how much you're allowed to eat.

Dieting in this way is a direct cause of binge eating for two reasons:

- 1 When you diet this way, you end up feeling SO hungry over time. And the body's natural response is to crave and seek out all the foods you've deprived yourself.
- 2 You're bound to "break" one of your hundred diet rules at some point in time. Seriously, how long can you not touch a carbohydrate for? And when you break a rule you've set, you tend to blame yourself, believe that you're the failure, and consequently go "all-out" and binge on the foods you're avoiding.

For these reasons, it's time to ditch the diet if you are to regain control back!

Severe dieting increases the risk of binge eating by 18X

What's Causing Me To Binge?

Cause 2: Low Moods

It's no coincidence that you probably find yourself binge eating after a long, crappy day.

Shifts in mood states – particularly negative moods – are good predictors of binge eating.

The reason for this is that it's not pleasant to experience certain mood states, like sadness, loneliness, anger, or frustration. So, instead of experiencing or embracing them, you try your best to escape or avoid them. And what better way to do that through gorging on your favourite foods that bring you immediate pleasure.

Again, it's another natural response of the body.

The problem, however, arises when you feel worse off after a binge and you just repeat the cycle!

Cause 3: Overvaluing Your Body

Are you placing too much importance on what you weigh or what you look like?

Or is your self-worth – your view of who you are and what you stand for – dictated by what you see on the scales or the mirror?

This "overvaluation of weight and shape" is the engine room that drives binge eating. It's responsible for causing all those rigid food rules

I discussed, and for making you feel bad about yourself.

In order to truly break out of the binge cycle, you need to start de-emphasizing the importance you place on your weight and shape!

WE'RE READY: THE 5 STEPS

Now that you're aware of what's likely causing your binges, let's begin our 5 step journey.

It's important to note that these steps are designed for you to follow in order. Research shows that implementing these steps in this order is necessary for achieving the best outcomes!





Step 1: Understanding Yourself

Step 1: Understanding Yourself

Let's get stuck into the 5 steps.

The first thing you need to do is to take a step back and observe, identify, and understand your eating behavior. And the best way to achieve this is via self-monitoring.

Self-monitoring simply means recording your thoughts, feelings, and behaviors towards food and eating in real-time or as they occur.

I know, I know. You might be thinking to yourself "why would I want to write down all the horrible foods I eat and think about how I feel?"

Let me convince you.

Completing daily records of your eating patterns provides you with important information about your binge eating. In essence, it allows you to become a detective, searching for clues about any problem eating behavior you might regularly encounter.

With monitoring, you might eventually find out that, for example, you only binge when you've skipped lunch, or when you've had an argument with your spouse, or maybe when you've broken one of your strict food rules, or maybe when you're feeling bored.

So, by recording your thoughts, feelings, and behaviors, it becomes easier to be aware of the specific and harmful patterns that maintain your binge eating. And once you become aware of what is going on, you will find it much easier

to change, because you will know what needs changing.

I've provided you with a proper self-monitoring form in two pages time.

It is a good idea to have one form per day so that you can record your relevant behaviors, thoughts, and emotions. This is what you should be recording:

- 1 **Time:** the exact time you ate or drank anything.
- 2 **Food & drink consumed:** what it was that you ate or drank during that period of time. Be descriptive and don't leave anything out.
- 3 **Place:** where you were when you consumed this. Was it your bedroom? Kitchen? Friends place?
- 4 **Excessive:** did you perceive this episode of eating to be excessive or too much?
- 5 **Hunger level:** on a scale of 0 (starving) to 10 (stuffed), rate how hungry you were before you started eating.
- 6 **My reflection:** anything relevant to note before, during, or after this episode of eating. This may include your emotions or thoughts related to eating or anything that may have contributed to your eating.

Step 1: Understanding Yourself

Take a look at an example monitoring form completed by someone wanting to stop binge eating.

As we can see, her pattern of eating is highly predictable. You will notice that she binged in the evening, but what's most interesting was the lead up to this binge. She ate very little throughout the day, and her hunger ratings were as high as they could be.

In this way, it seems as though the physiological deprivation was responsible for causing her binge at dinner, while her emotions – in particular her despair for binge eating at dinner – were responsible for her late night binge.

These are the patterns you need to recognise in yourself!

Give it a go – start understanding your binge eating experience!

Time	Food & Drink Consumed	Place	Excessive?	Hunger Level (0-10)	My Reflection
9am	Black coffee with apple	Kitchen	No	3	Not hungry because it's pretty early. In a bit of a rush for work. Will wait till later in the day to eat
2pm	Light salad with diet coke	Office	No	6	Little bit hungry, but thought I would delay my eating because I know I'm having pasta for dinner. Pasta is calorie dense so I don't want to overeat today!
7pm	2 bowls of pasta with 5 slices of garlic bread	Kitchen Table	Yes	10	Absolutely starving! But I ate too much and now I feel sick. So bloated. Struggled to stop eating – I couldn't tell that I was full during the time! Feeling ashamed of this. Highly concerned about putting weight on
11pm	2 donuts, 3 ice creams, 1 chocolate bar, and a bottle of coke.	Couch	Yes	2	Wasn't even hungry but I binged. What's the point? Already felt bad about myself from dinner. Going to bed. Tomorrow will be a better day.

Daily Self-Monitoring Form

Daily Self-Monitoring Form is an excellent strategy designed to help you overcome binge eating, because it helps you identify the triggers, consequences, and experiences of binge eating. It will essentially help you know what it is that you need to change.

It is a good idea to have one form per day so that you can record your relevant behaviors, thoughts, and emotions. Good luck!

Date:

Time	Food & Drink Consumed	Place	Excessive?	Hunger Level (0-10)	My Reflection



Step 2: Time To Eat Regularly

Step 2: Time To Eat Regularly

Now we're moving into action mode.

People who binge usually have chaotic, unpredictable eating habits. One day you might have eaten too little, while on the next day you might have binged around 3 or 4 times.

We need to bring some structure, routine, and control back. And the best way to do this is to plan a schedule of regular eating.

By regular eating, I simply mean eating at least 3 meals and at least 3 snacks per day, no more than 4-hours apart, and regardless of whether you're hungry or not

There are a couple of reasons as to why you should be eating this way.

First, eating regularly tackles many of the harmful forms of dieting we usually see among people who binge eat. This includes things like fasting, meal skipping, and overall undereating. So, by eating this way, we immediately eliminate these well-known causes of binge eating.

More than 80% of people cannot sustain the weight lost through a diet.

Second, eating regularly is also an excellent strategy because it will improve your concentration, prevent feelings of lethargy, and improve your wellbeing! We know that when

we're feeling low, tired, or apathetic, then we're more likely to binge.

So, to implement this step, you need to plan. You need to schedule in exactly what times you're going to eat your planned meals and snacks, ensuring that you leave no more than a 4-hour gap.

Take a look at one very simple example below and then devise your own plan. Don't forget to stick to this plan!

7 am

Breakfast (bowl of cereal + large glass of orange juice)

10 am

Mid-morning snack (Apple + granola bar)

1 pm

Lunch (Salad sandwich + soda)

4 pm



Afternoon snack (a handful of nuts + tinned tuna)

7 pm

Dinner (chicken risotto)

10 pm

Small snack (yogurt + 4 blocks of chocolate)



Step 3: Finding Better Solutions To Your Problems

Step 3: Finding Better Solutions To Your Problems

If you're someone who tends to binge when you've had a bad day or when you're feeling particularly bored or low, then this is an essential step for you.

Remember, binge eating serves a function for you; it is a coping strategy or escape mechanism for whenever you're experiencing something negative. However, it's a poor coping strategy because you tend to find yourself feeling worse off to begin with. Ultimately, nothing gets solved or, in other words, you're back to square one.

Rates of binge eating have tripled in the last two decades.

One way to tackle binge eating is by teaching yourself how to adequately handle the many problems life throws at you.

This is where problem-solving comes in!

Problem-solving is a core element of cognitive-behavioural therapy. It's essentially a technique that teaches you how to identify underlying problems and then how to deal with these problems in healthy ways, without resorting to food or other potentially harmful substances, like drugs or alcohol.

There are a couple of simple steps to effective problem-solving. Let's go through these using a common scenario.

Step 1: Specify the problem

Here, you need to first identify the problem. You may think that the problem is binge eating, but it's not. It's the consequence. The problem is what's giving you the urge to binge. The problem is usually things like: you were bored because you were home alone; you got into a fight with your spouse; you got abused by a customer at work during the day; you were frustrated because you couldn't fix something.



Step 3: Finding Better Solutions To Your Problems

Step 2: Think of as many solutions the problem

Say you've correctly identified the underlying problem. Next, you need to think outside the box and, in your mind, think of as many solutions to the problem as possible. Don't hold back with your solutions – they can be as crazy as you like. Let's say that your identified problem was boredom: your brainstormed solutions to this were: watching TV; calling some friends; going for a walk; cleaning the house.

Step 3: Think through the implications

Now's the time to think through the consequences of these solutions. What would happen if you implemented all the solutions you thought about? If you choose to watch TV, what would happen? It's likely that sitting around on the couch will only increase the urge because it will be boring. What about calling some friends? This might distract you from the urge because you and your friends usually talk for hours on the phone, laughing and joking. The likely consequences of your possible solutions need to be thought through carefully!

Step 4: Pick one!

So, you've thought about the consequences of each solution and have realized that a few of those solutions pose a problem because they'll only increase rather than decrease the urge to binge. You don't want that because you'll end up feeling so much worse if you act

on these urges. Now you need to pick the most appropriate solution – the one that will prevent the urge to binge or the one that will allow the urge to pass (after all, urges only last a very short period of time).

Once you've selected the best solution, act on it and assess how effective it was. If it wasn't particularly effective, then you should really ask yourself whether it was the right solution to choose.

Problem-solving is an excellent tool not only for helping you address any emotionally-charged binge eating but also for helping you to navigate effectively through life's many problems.

At first, you need consciously think about those 4 steps in order to successfully master the technique. However, over time this will become automatic to you.

So, by thinking through your problem and identifying an appropriate solution to it, you're less likely to act impulsively on an urge to binge!



Step 4: Fighting the Food Anxieties

Step 4: Fighting the Food Anxieties

Got a list of “forbidden” foods – i.e., those that you don’t allow yourself to eat?

If so, this is a bad idea because it forms part of those strict diet rules that causes you to binge when you break one of those rules.

Think about this all-so-common scenario:

Chocolate is your “forbidden” food.

You have a small block.

It’s so tasty, so you go back for a little more.

You think you had too much and feel guilty for relaxing your food rules.

You say to yourself “what-the-hell, I ruined my diet tonight, so I may as well go all out now and start fresh tomorrow”.

You binge.

You have to eliminate any anxiety you have towards specific foods. After all, no food can, in isolation, cause weight gain or make us fat. It’s humanly impossible!

To do this, you need to gradually reintroduce your feared, forbidden foods back into your diet so that they no longer cause you anxiety or trigger a binge.

So, what you need to do is develop a list of your feared foods, placing each food into one of three groups: least feared; moderately feared; and most feared, like below.

Least feared foods	Moderately feared foods	Most feared foods
Cereal Nuts Banana Apple Potato White rice White bread	Pasta Biscuits Cheese Full cream milk Candy Fried chicken Peanut Butter	Chocolate Burgers Cake Chinese food Fish n’ chips Pizza Donuts

Start slow, by re-introducing one or two of the “least feared” foods back into your daily diet. For example, if cereal is in your “least feared” list, then it may be as simple as putting a small handful of cereal into your breakfast smoothie each day.

Keep everything else constant for the initial stages other than the re-introduction of this one food you’ve selected.

You just want to expose yourself to the food (it doesn’t matter how much of the food you eat), because when you come to realize that nothing catastrophic happens when you eat that food (i.e., you won’t immediately put on weight), then your fear will eventually disappear and so will your urge to binge on that food.

And, as soon as you no longer experience any anxiety towards eating this food you’ve selected to work on, then you can move down the list to new feared food!

Classic exposure therapy 101.

Step 5: Discover A New Passion

Step 5: Discover A New Passion

Step 5 directly tackles the overvaluation of weight and shape – the engine room that drives binge eating.

Are you someone who places too much emphasis on your weight and shape? It's understandable that you might not know – after all, you've probably never thought of it in detail because these thoughts are so automatic to you.

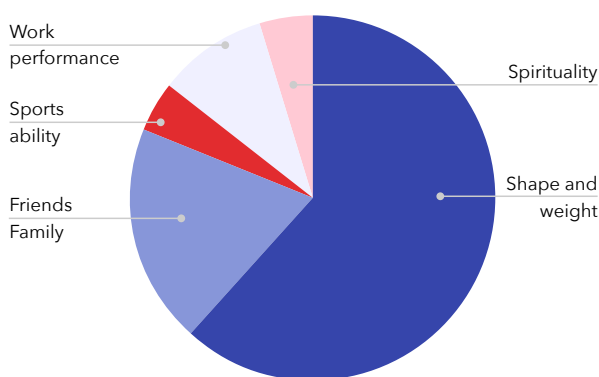
The worksheet titled **"Identifying Overvaluation of Weight and Shape"** on page 27 should give you a guide as to whether you're probably overvaluing the importance of weight and shape.

If you're someone that does overvalue your body, your sphere of self-worth probably resembles Person A in the Figure on the right. As you can see, this person bases most of their self-worth on their shape and weight – everything else, including their friends/family, work performance, spirituality, and sporting ability, is secondary. We know this is a problem because it's a direct cause of inflexible dieting, low self-esteem, and negative mood states.

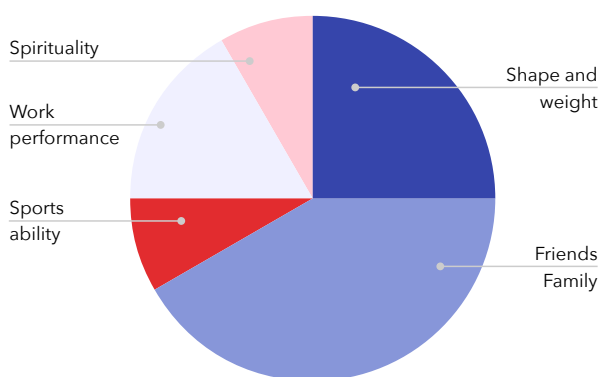
Step 5 is designed to get you to have a sphere of self-worth that resembles Person B. As you'll notice, Person B does place some importance on their weight and shape, but it's only a small portion of their sphere. This person is able to fall back on many other life domains if they feel they're not achieving in the domain of weight

and shape. In this way, Person B is less likely to act on their shape and weight concerns by engaging in many harmful practices, including binge eating!

Person A



Person B



Step 5: Discover A New Passion

So, in this step you are going to identify a broad range of new hobbies to implement.

Think of as many different activities as possible. Ones that you've always wanted to take up.

Some great examples could be: learning a new instrument; joining a book club; starting a new sport; learning how to knit; taking up a new course.

Your task is to now select one or two of these activities and make a conscious effort to engage in that activity at least once a day. The reason for this is that, over time, you'll become so invested in that activity in such a way that it will now be part of your sphere of self-worth.

Or, in other words, it will represent a piece of the self-worth pie.

So, not only will you have created other ways to evaluate yourself on, but you've simultaneously reduced the importance of weight and shape.

For this to occur, however, it takes time. You need to be passionate about the new hobby and you need to really immerse yourself in it.

So be patient, but give it your all!



Bonus Tips

Bonus Tips

OK. So hopefully you've understood the reasons for implementing the 5 steps and are ready to take them on.

Now I'd like to offer some additional tips that will further help you on your quest.

1: Invest in Learning Mindfulness

Mindfulness is a particularly powerful tool to use when you have an urge to binge. It is a way of paying attention. Mindfulness enables you to control your attention by focusing nonjudgmentally on your thoughts, emotions, and physical sensations. Mindfulness enables you to observe these experiences without trying to escape, avoid, or act on them.

Whenever you've got an urge to binge, whether it be because you're feeling sad or you've broken one of your diet rules, engage in a mindfulness exercise because it will prevent you from acting impulsively on these negative experiences. There are many different freely available apps or videos that take you through a mindfulness exercise.

2: Structure your Days

An important element of this self-help program is ensuring that you engage in a pattern of regular eating. For you to successfully implement this strategy – and therefore break through the cycle – you need to try to not eat in between

the times you've scheduled your meals and snacks. Eating in between your planned meals and snacks is a form of **grazing**, and we want to avoid this because it will prevent you from regaining complete control.

So, make sure you plan your days so that you've got many different things you could be doing in between your meal and snack times. Think of activities like: telephoning your family; going clothes shopping; going for a bike ride; painting; sending off emails; taking your dog for a walk; practicing your mindfulness.

The point is, you want to keep yourself occupied during the times you have an urge to graze. As I keep saying, this urge will eventually pass if you allow it to.



Bonus Tips

3: Modify your Social Media Usage

It's a fact that, for many people who binge, social media usage can make you feel worse about yourself and your body. There is an implicit assumption among the social media world that your body isn't good enough and that you should strive to achieve something better because you'll be happier and more successful. This couldn't be further from the truth.

You want to modify your social media usage during the time you're practicing these 5 steps so that you don't fall into the trap of believing this.

Here are some simple modifications that you can make:

- 1 Track the number of minutes you spend on social media each day (this is possible on smartphones), and each day try to reduce the total amount of time spent on social media.
- 2 Immediately unfollow accounts that reinforce or promote the so-called appearance ideal
- 3 Start to follow feel-good accounts, including those that post cute pictures of animals, positive body image content, or inspirational quotes.

4: Weigh Up the Pros and Cons of Changing

There may be a part of you that is scared to stop binge eating. After all, binge eating serves some functional purpose to you – it can help you cope through difficult times or it can serve as a distraction for when things aren't going particularly well. If you're experiencing this ambivalence, then it's likely that you haven't thought properly about the pros and cons of changing.



If this is you, then I encourage you to write down all the possible pros and cons of you overcoming binge eating. Be as honest as possible. For example, a pro might be that won't feel so ashamed anymore, while a con could be that your anxiety might increase.

The reason why I say this is because, more often than not, our "pros" list substantially outweighs our "cons" list. And when we see this, it's often the motivational kick we need to adhere to the five steps.



Bonus Tips

5: Focus on Body Functionality

People who binge eat are so concerned with what their body looks like that they fail to appreciate what their body is capable of doing. Our body is a remarkable thing; it can give life, fight off infectious disease, run, cycle, swim, and dance. We often forget about this.



Whenever you're feeling particularly low about your body, take stock and think about or write down all of the impressive things your body has allowed you to do on that day. Then, take a moment to think about what life would be like if one or all of those functions were taken away from you. For example, how would your life be if you were no longer able to walk? Do you think this is more important than those two kilograms you put on over Christmas?

It takes this reminder to put things into perspective and to realize how insignificant some of the concerns about our body are. Appreciating the functionality of your body is sometimes needed to help minimize the importance you place on your weight and shape.

6: Limit Alcohol Consumption

Alcohol and binge eating don't mix well. The reasons for this are twofold: First, alcohol is a direct cause of anxiety, stress, and depression among some people. We've already learned that binge eating worsens when you experience these emotions. Second, alcohol impairs your judgement and inhibits your ability to carefully consider the consequences of your actions. Therefore, when under the influence, you'll find it extremely difficult to resist the urge to binge on your favorite foods. It's a good idea to limit your consumption of alcohol if you're struggling with binge eating.



Worksheets

The Brief Disordered Eating Test

Do you have an eating disorder?

Here is a brief screening tool for you to take if you're concerned about whether or not you may have an eating disorder. Ask yourself the following questions:

	Yes	No
Do you make yourself sick (vomit) because you feel uncomfortably full?	_____	_____
Do you worry you have lost control over how much you eat?	_____	_____
Have you lost over 6.35kg/14lb in a three month period?	_____	_____
Do you believe yourself to be fat when others say you are too thin?	_____	_____
Would you say that food dominates your life?	_____	_____

If you answered "yes" to two or more of these questions, then you may have an eating disorder. If that's the case we highly recommend that you seek out your General Practitioner for an in-depth physical examination. Please note that this is not a diagnostic tool; rather, it is used to give you information about whether you might require further attention.

If you would like to receive tailored feedback about the nature of your possible eating disorder symptoms visit:
<https://breakbungeating.com/eating-disorder-quiz/>

Identifying Overvaluation of Shape and Weight

Overvaluation of weight and shape occurs when we judge our self-worth (who we are as a person) almost entirely on the basis of what we look like or what we weigh. This is considered to be the “core psychopathology” of eating disorders, where all other features stem.

Before you can address this overvaluation, you first need to be able to identify it.

This brief exercise will help you identify whether you place too much importance on your weight and shape in your scheme of self-worth.

1: List the things that are important to you in how you evaluate yourself as a person.

These are the things you try to perform well in. Think of things like the quality of your relationships, education, sporting ability, level of fitness or occupational performance. It may also include your weight and shape.

_____	_____	_____
_____	_____	_____
_____	_____	_____

2: Rank the items on your list in terms of their relative importance.

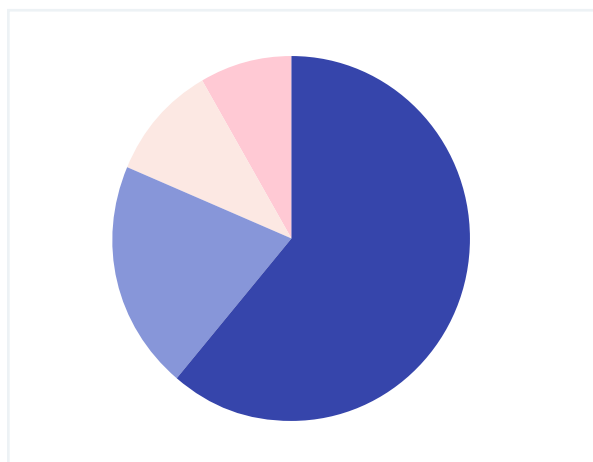
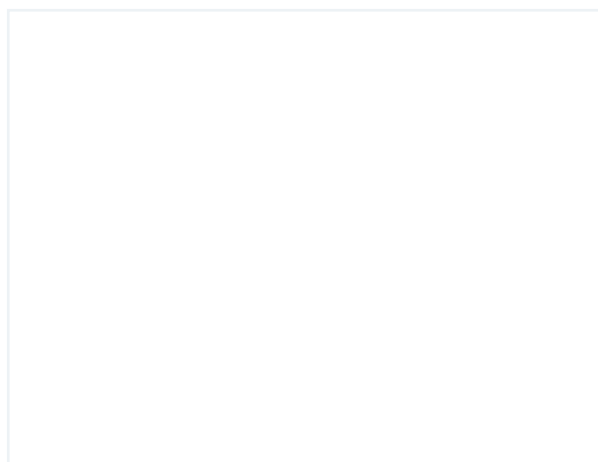
If you think about this carefully, you’ll discover a hierarchy embedded within your list. A good indication of the importance of a particular feature is how much time and energy you invest in it, as well as how much it would disturb you if this aspect of your life was not going well.

1. _____	2. _____	3. _____
4. _____	5. _____	6. _____
7. _____	8. _____	9. _____

Identifying Overvaluation of Shape and Weight

3: Draw your own pie chart.

Each thing on your list should be allocated a slice, and its size should be in proportion to its importance in how you evaluate yourself. Make sure that your pie chart reflects how you really are, rather than how you think you should be.



"Take a look at an example pie chart for someone who places too much emphasis on weight and shape."



3: Examine your pie chart and think about its implications.

Is there a slice representing your weight and shape? If so, how big is it? Is it bigger than most other slices?

If it occupies a third or more of your pie chart, then it's likely that you place too much emphasis on your weight and shape.



Frequently Asked Questions

Frequently Asked Questions

Should I still eat one of my planned meals or snacks even if I'm not hungry?

Yes. It's very important to stick to it, even if you're not hungry.

The reason for this is that you're trying to recalibrate your internal hunger and satiety cues so that you can finally eat normally again.

In addition to this, you want to avoid hunger as much as you can to begin with, because feelings of hunger are a major binge trigger.

I've tried monitoring my food before and it didn't work. Can I skip this?

I wouldn't recommend skipping this.

You may have monitored in the form of calorie counting, food logging, or exercise tracking. This isn't the same as the monitoring discussed here.

I've heard that I should be eating based on my hunger and satiety cues. Is this true?

To an extent, yes – intuitive eating is an excellent pattern of eating that is associated with many health benefits.

However, telling people who have a history of chaotic dieting and binge eating to “listen to their body” is, in my opinion, a recipe for disaster. This is because people with such a history have

severely disrupted biological cues – they don't know what it means to be truly hungry and truly full.

So establishing a pattern of regular eating will help you regain control, give you structure, and retrain your body cues.

If you'd like to learn more about intuitive eating visit:
<https://breakbingeeating.com/intuitive-eating/>

Do these steps work the same for everyone who binge eats?

In principle, yes.

This is a transdiagnostic approach to tackling binge eating, which means that it is suitable for everyone who binge eats, regardless of whether you have a confirmed eating disorder or whether you experience binge-eating disorder or bulimia nervosa.

What will happen to my weight?

There's no evidence to suggest that these steps produce significant weight gain.

In fact, people often find themselves losing weight as a result of reducing their binge eating. However, it is important to reiterate that, if you are implementing these steps, weight should not be the focus. You must direct your energy towards addressing the binge eating.

Frequently Asked Questions

How long will it take to see change?

It depends.

The more effort you put in and the more you actually implement these strategies, then the quicker you're likely to see improvements.

Research shows that nearly half of those who implement these strategies properly experience a 70% reduction in binge eating within just 4 weeks.

Just remember, however, that if you've been binge eating for many years, then you shouldn't expect success overnight. It will take time. You need to be patient.

What happens if I binge again after a period of abstinence?

This is completely normal.

You shouldn't feel discouraged because it's all part of the process. What is important is how you perceive the binge.

If you perceive it as a relapse (i.e., going back to square one), then there's a strong likelihood that you'll indeed revert back to old habits. In contrast, if you view it as a lapse (i.e., a minor slip-up), then you'll treat it as such and will continue with your progress.

How long should I self-monitor for?

There is no definitive answer to this because it depends on each individual.

However, we usually say that you should be monitoring for as long as you've seen some improvements in your eating behavior.

When you've regained some structure and control back, and have understood precisely what contributes to your binge eating, then you can gradually reduce the frequency with which you monitor.

What do I do if my lifestyle doesn't allow me to eat regularly?

I would argue that there are not many lifestyles that truly prevent you from taking a 10-15 minute break to have something to eat.

If you're at university all day, step outside in between classes to have your planned snack. If you're in meetings all day, eat your sandwich on the go or in the car.

You should be as flexible as possible, but there should be no circumstance that truly prevents you from taking a quick break. You just need to plan.

Testimonials

"Thank you from the bottom of my heart for this eBook, for the habits I have gained and maintained and for your continuous work researching and promoting binge eating recovery"

"Thanks! The steps have been amazing. This is the best I feel in a long time, hopefully I can continue to improve."

"Hello Dr Linardon. Just thought I'd let you know that I'm 8 days binge free. I really hope this is the streak that is forever. I'm reminding myself that what's important for my mental health is overcoming binge eating, for good...."

"I cannot explain to you in words how much the practice of engaging with the steps and exercises helped me with my binge eating. Since finishing the steps I have maintained my regular eating habits and although there are days that I eat more than I desire I don't beat myself up. I am working on respecting and accepting my body for the way it is"

"I have struggled with bulimia and binge-eating since age 18. I became so used to binging at the sign of any negative emotions. I found your steps really effective. I know it's going to take some more time to continue improving, but you've given me an amazing start. Thank you so much, I appreciate you and your team more than you know!"

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