



THE FIVE STEPS TO BREAKING A BINGE

1. Recognize the desire, the bottomless pit feeling or recognize that you're already eating something that's not in your eating plan for the day.
2. Leave the area where there's food available.
3. Sit quietly for 10 minutes - set a timer. Allow the urge for food to go unanswered.
4. At the end of the time, put your hand over your heart and tell yourself - I love you - three times with deep breaths
5. Go get a glass of water and if you're able, go for a short walk.