



InnerSolutions

A counseling service dedicated to helping people heal from food, weight and body issues.

Binge Buster Podcast Script

Welcome to InnerSolutions' Binge Buster Podcast.

The following messages are for anyone who is trying to overcome dieting, overeating or bingeing.

You are loveable no matter what you weigh.

Your excess weight is a sign of pain, not laziness or failure.
You have probably worked harder on your weight than most thin people.

We know you think your problem is your weight, but your problems go so much deeper—and can be resolved with the right kind of help.

It is not your fault that you have an eating disorder. It is, however, your responsibility. Nobody else can fix this for you, but there is help and you do not have to do this alone, nor can you.

Your overeating is either an addiction, in order to stuff and cover pain, or it is a result of diets and deprivation, or all of the above.

Contrary to what almost everyone tells you, dieting contributes to your weight problem, it does not solve it.

Overeating does not mean you are weak or worthless...it means you are emotionally hungry and full of feelings.

Every unshed tear is a pound of pain.

Every time you overeat it is a cry for help.



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The best thing you can do to lose weight is to un-stuff your feelings.

Your tears WILL end, if you let them out. Your anger will subside if you express it in safe, responsible ways.

You can either deal with the feelings you are eating over or you will deal with the feelings caused by overeating.

It is not your fault that you come from a culture that is obsessed with weight and diets.

Once you learn how to fully feel your feelings, you will be able to eat delicious food in moderation.

When you learn how to fully express your feelings, you will feel full with a normal amount of food.

You do not need to base your meals on your ever-changing emotions. You can learn to handle your emotions in a healthy way that won't leave you feeling worse and you can feed yourself lovingly, no matter what you feel.

It is more effective to focus on getting through one day without overeating than to focus on trying to lose a large amount of weight.

Your challenge is to eat 3 moderate meals a day, with necessary snacks, and to get as close as you can to eating when you're hungry and stopping when you're full.

It's not about eating perfectly, it's not about being on a diet, it's about learning how to get through a day being sane with food and healthy with emotions.

Every day matters, every meal counts not in terms of how much weight you lose, but in terms of how lovingly you feed yourself and treat yourself.



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Excess food will not solve your problems. In fact, it will only make them worse.

Somewhere between what your dieter thinks you should eat and what your binger wants to eat, is a loving healthy moderate meal. You can learn to eat this way. In order to recover, you need to learn to eat this way.

Feelings don't necessarily need to be acted on, only acknowledged and felt.

Emotional problems need emotional solutions...not food.

If you find yourself turning to sweet foods when you are not hungry, you may need more sweetness in your life.

If you find yourself turning to comfort foods when you are not hungry, you may need more comfort in your life.

If you find yourself turning to crunchy foods when you are not hungry, you may be angry and need to find safe ways to express it.

Your eating disorder will try to seduce you into focusing on food and fat. It does not want you to go deeper. It believes it is protecting you from having to feel pain, but in reality, it's causing more.

Your eating disorder will try to keep you from reaching out, keep you from opening up, keep you from being honest.

Your eating disorder will try to convince you that food is your only friend, but that's not true.

Food is a fair-weather friend, and even though not everyone is trustworthy, some people are.

Focusing on your deeper feelings is very hard but it does get better over time. The cycle of dieting and overeating only gets worse over time.

You are not bad because you have food and weight issues. You are in pain and in need.



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Your soul is starving...if food could fill it, it would have done so by now.

You need compassion, help and loving limits, not another diet.

Thank you for listening to InnerSolutions' Podcast.
We hope it was helpful to you.

We encourage you to listen to it many times, in order to allow the messages to sink in and help your thinking become healthier and more effective.

If you would like additional support, please check out our website at:
www.innersolutions.net. There, you can also find our book: [*The Don't Diet Live-It Workbook*](#).

If you are interested in purchasing *The Don't Diet, Live-It Workbook*, listen to our podcast for a special discount code.

Wishing you all our best. Thank you for listening.