

Coaching Session 1_Dismissing Urges_Motivation

In this coaching session, you're going to be working on Recovery Goal 1: Dismissing Urges. The central focus of this session is: Motivation.

You're going to connect with your motivations for dismissing urges today. You are not going to be worrying about tomorrow, or the next day, or the one after that. The goal is to dismiss every binge urge that comes up today. To do that, you have to know why you want to. You have to know why you do not want to binge eat today, even if your urges make it seem tempting at times.

The goal of this coaching session is to connect you with your motivations, so that those motivations stay with you—in the front of your mind—throughout the day. I'm sure you have a long-term or big picture perspective of why you want to stop binge eating for good, but for this coaching session, I want you to focus on the short term benefits of not binge eating today.

What I want you to do is think of one reason that you want to dismiss the urges to binge today.

I know you have many reasons, but it's helpful to think of just one at a time—that way, you can fully feel it and visualize it. You can come back to this coaching session again and again with other reasons that you have for not acting on binge urges today. The one reason or the one motivation you think of right now could have to do with having more energy to do something you have planned for today. It could be to be able to be more present to do work you need to do. It could be to have extra time to get things done, or to spend with someone you care about. It could be to avoid those awful physical consequences of a binge, or it could be so that you can go to bed tonight with a feeling of accomplishment, knowing that you'll wake up tomorrow feeling proud—and not having to deal with the after effects of a binge.

Take a deep breath and think of one reason you want to dismiss your binge urges today.

Say that reason out loud if you can or just say it in your mind. Say, "I want to dismiss my binge urges today because..." and you fill in the rest.

Now focus on that thought. Repeat it to yourself if you want. "I want to dismiss my binge urges today because..."

Now what I want you to do is imagine that you've already been successful today in dismissing urges, and you are already experiencing the positive results. Imagine that the reason you want to dismiss urges today has already become a reality.

Take a minute to visualize yourself fully experiencing that binge-free reality, as it relates to that specific motivation that you're focusing on.

Really try to create the feeling of being successful and experiencing the benefits of not following your lower brain.

I'm going to ask you some questions to help you visualize the positive benefits of dismissing urges, and depending on the scenario you're visualizing, focus on the questions that apply to you.

How does it feel to not binge today?

What pain do you not have to experience?

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What do you get to enjoy more?

How does it feel to put your focus into a work project or task without feeling the regret and the discomfort of a binge, or the stress and shame of being in the middle of a binge while you're trying to complete that project or that task?

What do you do today that, if you binged, you may not have done?

What's it like to have that freedom?

This is not about imagining your life being perfect or things going exactly as planned or your work or your personal life being easy. It's about visualizing concrete benefits of recovery and connecting with your motivation to be binge-free, regardless of what else is going on in your life or what problems or stress you may be facing. Your motivation for being binge-free today could be to help someone else through a tough situation, and of course this may be uncomfortable and hard to see someone through a tough time; but being fully present for that person and doing what you can for them—without binge-eating bringing you down and taking your energy—is a big benefit of dismissing urges. So even if this day will be difficult and challenging and stressful, there will still be huge benefits of not binge eating.

I want you to reflect on that for a moment.

If some thoughts pop up that tell you why you do not want to dismiss urges today, and why you might want to binge—it's okay. This is normal and it's just a product of your habit. Simply observe any thoughts that you have that encourage binge eating or that discourage dismissing urges, but do not give those thoughts attention. This is a great chance to practice dismissing those lower brain thoughts. You do not need to try to force those thoughts away—just observe and then refocus on why you want to be binge-free today.

What you've just done in this coaching session is to set yourself up to create a binge-free day. By visualizing yourself being successful in dismissing urges, you're strengthening the connections in your higher brain that you will need to make that visualization a reality. As you go through the day, bring to mind what you visualized in this coaching session, and remember that reason you want to be binge-free today. Remember your motivation.

Before this coaching session ends I want you to say your motivation one more time: "I want to dismiss my binge urges today because..."

The more you remember why you want to dismiss urges, the more strength you give to your higher brain when those urges come up.

Now go and have a binge-free day.