



**Glenn Livingston, Ph.D.
And Vanessa
#4 Self-Compassion**

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Dr. Glenn: Hey, this is the very good Dr. Glenn Livingston with NeverBingeAgain.com and I'm here with Vanessa who has been a frequent guest on this show. She's lost over a hundred pounds using the Never Binge Again method and had all kinds of positive changes and still has struggles from time to time like everyone. How are you, Vanessa?



Vanessa: I'm fine. How are you?

Dr. Glenn: Good. You were telling me that it's way too hot there.

Vanessa: Oh, yes. Very, very hot. Southern Alabama.

Dr. Glenn: Now, do I have to worry about you climbing up on top of a clock tower screaming or something? Is it that bad?

Vanessa: Well, that's a good thought. I like that.

Dr. Glenn: But I don't have to worry?

Vanessa: No, you don't have to.

Dr. Glenn: What I wanted to talk to Vanessa about today was self-compassion because most people understand that the Never Binge Again method is a very practical method to get your food under control, to stop binge eating, to arrest the mental obsession so that you have a freedom and mental clarity and presence of mind and that we do this without really working in a lot of psychological issues; without really working on any psychological issues, that it's a matter of focus and clarity and a cognitive reframing of all of the irrational lies that our binge brains tell us. But what they don't really understand is what comes next and that when you have stopped bingeing, that there's more energy available for your nervous system to conduct the emotions; that you're more present, but you have more feelings and thoughts that you didn't necessarily have before. And a lot of those feelings and thoughts often surround the self-forgiveness, the self-compassion, some of the difficulties in self-concept that may have been kind of intermingled with



the eating problem before. I say intermingled as opposed to causing because I don't believe that these things cause an eating disorder, but I do think they are associated with it.

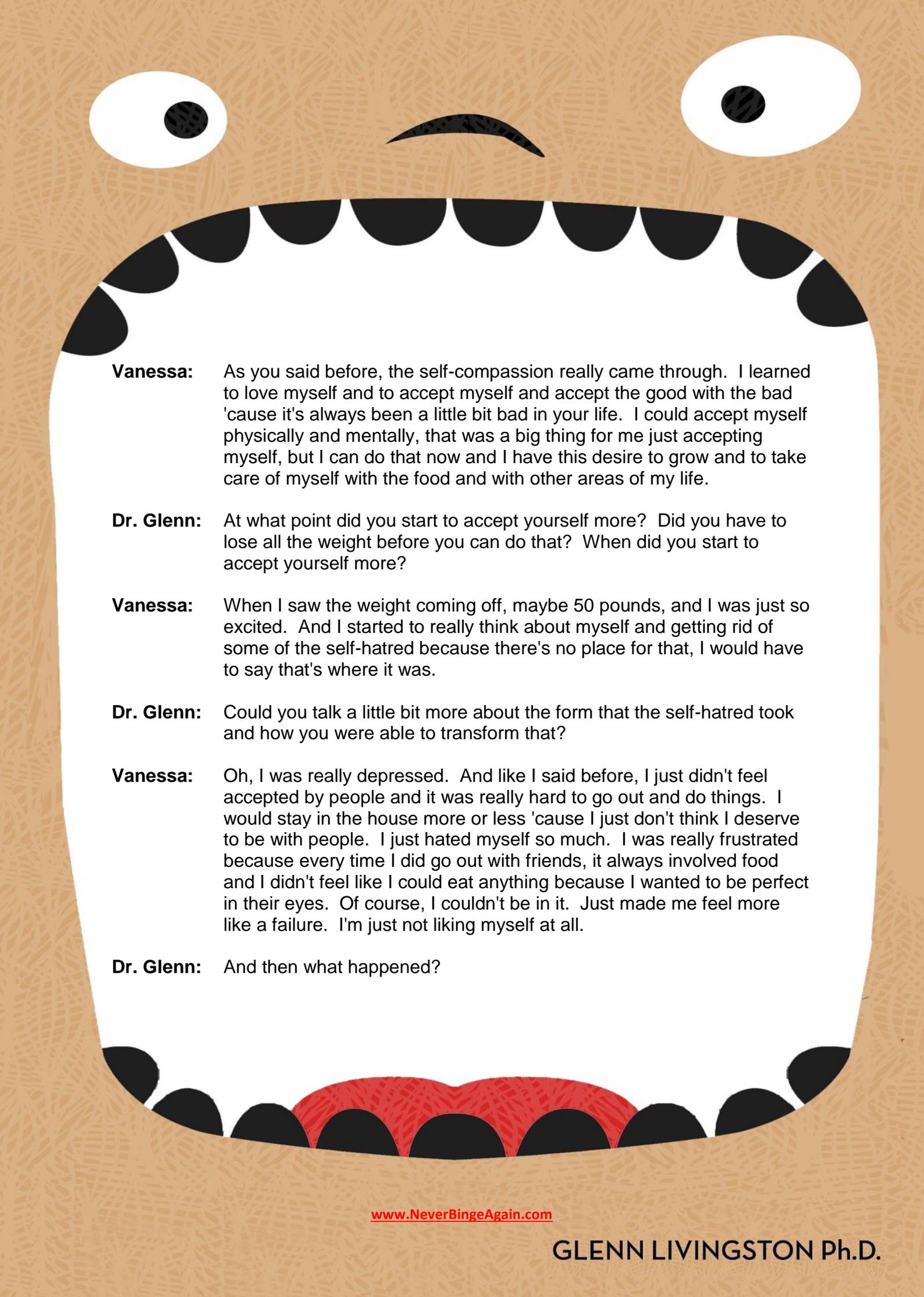
Once you've lost a bunch of weight and your life is a lot better, your self-concept tends to improve well on its own. But I wanted to talk to Vanessa about her experience and where she might be having some struggles with that still. So Vanessa, what do you think? What's that been like for you?

Vanessa: Prior to the MBA program, it was like you said, it's very hard about really liking myself. I always felt I couldn't get the bingeing under control no matter what I did and it felt like a failure, felt shame. Didn't want to go out in the public 'cause I didn't want people to see me and I didn't think I deserve to be with people, that was the big thing. It's really got to a point too where I didn't know what to eat, what was good, and I heard so many different plans that I just didn't know what to do. So I like the MBA program in the sense that you can make your own food plan up and you can eat really healthy with it. I kind of took from everything and just made it mine and it was really, really that's been so helpful.

Dr. Glenn: And that's what worked for you.

Vanessa: Yes, yes, it did and I have to every once in a while go back and tweak it a little bit, revise some things. But that's okay too because it just makes it more mine.

Dr. Glenn: And did that gave you some confidence? How did that affect the way that you were feeling about yourself?



Vanessa: As you said before, the self-compassion really came through. I learned to love myself and to accept myself and accept the good with the bad 'cause it's always been a little bit bad in your life. I could accept myself physically and mentally, that was a big thing for me just accepting myself, but I can do that now and I have this desire to grow and to take care of myself with the food and with other areas of my life.

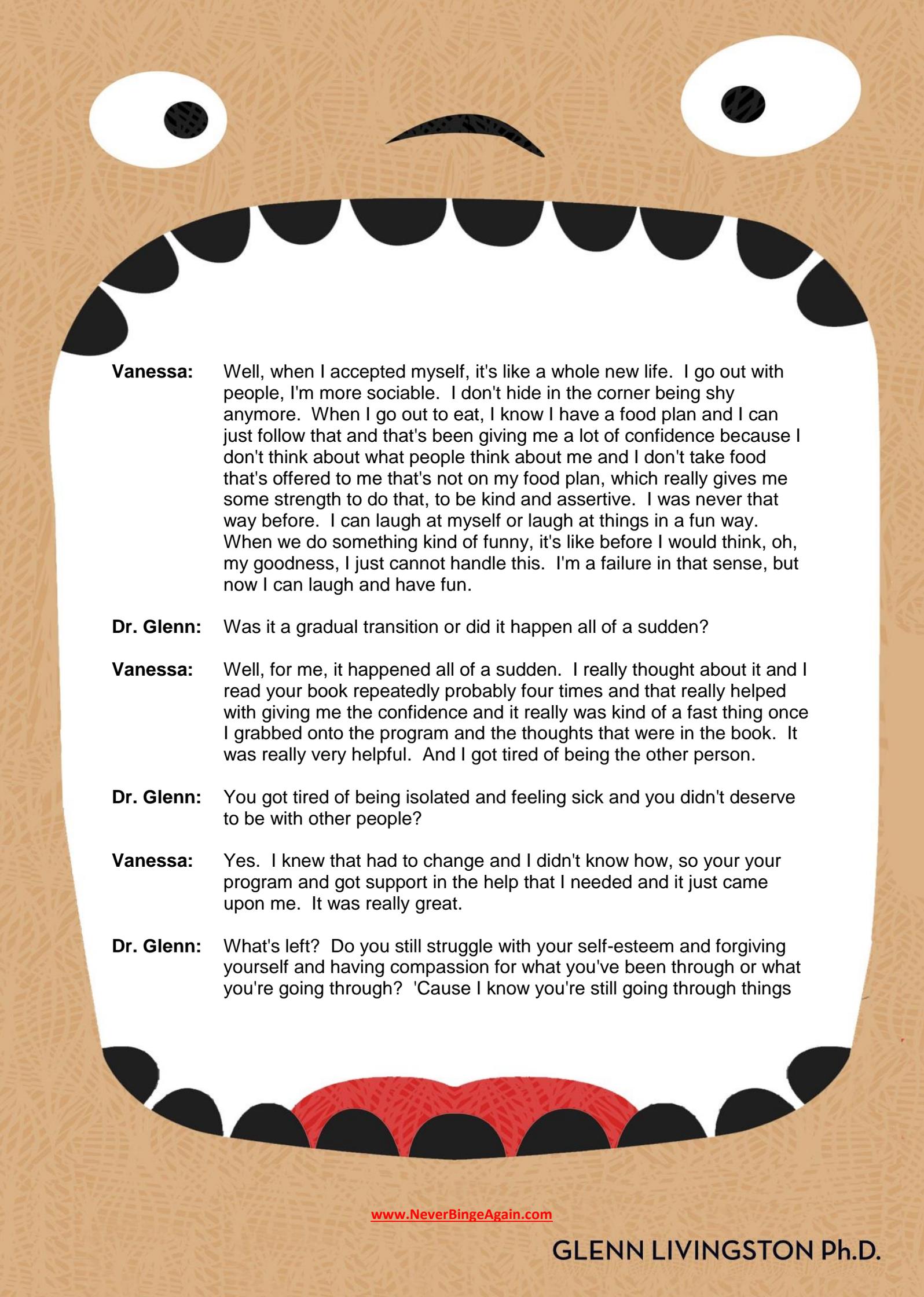
Dr. Glenn: At what point did you start to accept yourself more? Did you have to lose all the weight before you can do that? When did you start to accept yourself more?

Vanessa: When I saw the weight coming off, maybe 50 pounds, and I was just so excited. And I started to really think about myself and getting rid of some of the self-hatred because there's no place for that, I would have to say that's where it was.

Dr. Glenn: Could you talk a little bit more about the form that the self-hatred took and how you were able to transform that?

Vanessa: Oh, I was really depressed. And like I said before, I just didn't feel accepted by people and it was really hard to go out and do things. I would stay in the house more or less 'cause I just don't think I deserve to be with people. I just hated myself so much. I was really frustrated because every time I did go out with friends, it always involved food and I didn't feel like I could eat anything because I wanted to be perfect in their eyes. Of course, I couldn't be in it. Just made me feel more like a failure. I'm just not liking myself at all.

Dr. Glenn: And then what happened?



Vanessa: Well, when I accepted myself, it's like a whole new life. I go out with people, I'm more sociable. I don't hide in the corner being shy anymore. When I go out to eat, I know I have a food plan and I can just follow that and that's been giving me a lot of confidence because I don't think about what people think about me and I don't take food that's offered to me that's not on my food plan, which really gives me some strength to do that, to be kind and assertive. I was never that way before. I can laugh at myself or laugh at things in a fun way. When we do something kind of funny, it's like before I would think, oh, my goodness, I just cannot handle this. I'm a failure in that sense, but now I can laugh and have fun.

Dr. Glenn: Was it a gradual transition or did it happen all of a sudden?

Vanessa: Well, for me, it happened all of a sudden. I really thought about it and I read your book repeatedly probably four times and that really helped with giving me the confidence and it really was kind of a fast thing once I grabbed onto the program and the thoughts that were in the book. It was really very helpful. And I got tired of being the other person.

Dr. Glenn: You got tired of being isolated and feeling sick and you didn't deserve to be with other people?

Vanessa: Yes. I knew that had to change and I didn't know how, so your your program and got support in the help that I needed and it just came upon me. It was really great.

Dr. Glenn: What's left? Do you still struggle with your self-esteem and forgiving yourself and having compassion for what you've been through or what you're going through? 'Cause I know you're still going through things



medically, right? But it doesn't seem to feel like the way that it did before.

Vanessa: Correct. Yeah. I'm just like, well, I have to accept it and I know I'll get through it. There's an end to it eventually. That's going to change my attitude. I struggle more with forgiving myself and trying to be perfect still, that's the hard one because nobody's perfect and I understand that, but to apply it for me is really, really hard.

Dr. Glenn: Is that when you're less than perfect with food or when you're less than perfect in relationships? Where does that manifest?

Vanessa: Mostly with the food. If I'm not perfect with the food, I just kind of go nuts and made my food plan repeatedly, which I know by heart, it's just trying to get perfect and I know I can't be. I'm afraid of bingeing, like the one bite equals a binge and I'm really aware of that. That's probably been the hardest because there's food I want to try and I just know that I can't do that.

Dr. Glenn: How do you get yourself back on track if you make a mistake?

Vanessa: Well, like I said, I read the food plan and I talk to myself. I tell myself that it's okay, nobody's perfect and I do love myself. There's no reason to be so upset. I do a lot of talking and I cage the pig 'cause I realize it's the pig that puts these thoughts in my head.

Dr. Glenn: It wants you to feel bad unless you'll binge more.

Vanessa: Yes, yes, it comes up with reasons to binge. Like, I deserve it 'cause I'm with medical conditions and I deserve it 'cause I haven't had it in a year. These kinds of things come up.



Dr. Glenn: And if you do make a mistake, does it result in an all-out binge?

Vanessa: No, not anymore. I'm able to control it and realize what it is and stop. There's thoughts that continue, but I'm able to put a stop to it.

Dr. Glenn: And obviously, you've maintained the weight loss so you must be doing something right.

Vanessa: Yes. I'm really, really so happy about that and excited.

Dr. Glenn: Vanessa, is there any logical reason that you should feel very bad about yourself at this time?

Vanessa: No, there's no logical reason at all. And when those thoughts come up, I just get rid of them so fast and read positive information, that really helped too. But yeah, there's no reason to.

Dr. Glenn: And how are your relationships with family and friends?

Vanessa: Oh, it's really grown. It's good, and I'm not afraid to talk to them anymore. Like, if I'm feeling shy, I don't sit in the corner. And I realize people respect me and like me and I said, "That's exciting too," 'cause I never saw that before.

Dr. Glenn: And what's not to like, right?

Vanessa: Yeah. With everyone, there's always reason to like them and it's good.

Dr. Glenn: It sounds like you're participating in life now.



Vanessa: Yes, yes, I am and I guess that's been the biggest change for me. And then I'm doing a little teaching, which I never would stand in front of people before and do that and it's like, oh, I can do this and I'm comfortable with it. That's been a big change.

Dr. Glenn: Isn't that wonderful? You're teaching at the church?

Vanessa: Yes, with the ladies.

Dr. Glenn: Is there anything I can help you with?

Vanessa: No, I really appreciate this talk and realizing that it's the forgiveness that I have trouble with and I'll have to focus on that more. I feel like if I can't forgive myself, I kind of just go into a little depression sometimes. It spirals down and now I have to catch that and realize that's not the way to be and I don't need that depression anymore.

Dr. Glenn: You don't need it. It only wants justifying the binge. You're right.

Vanessa: Oh, yeah.

Dr. Glenn: Is there any way that I can help you with that? Any way I can help you snap out of it sooner or do you just have this all covered now? I'm mostly obsolete, which is fine with me.

Vanessa: Yeah, I'm pretty confident now with the program and my eating and I just thank you so much for it all. Yeah, I think I'm doing well.

Dr. Glenn: Well, you're very welcome. It's a delight.



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