THINGS TO DO INSTEAD OF BINGEING

• Postpone the binge for 15 minutes. Set your timer. That should give you enough time to choose another strategy.

• Brush your teeth; take a shower or bath.

• Soak binge food in water.

• Leave the environment that’s tempting you to binge. Go to a park, library, or other “safe place”.

• Call a supportive friend either just to talk or to address your problem. Cultivate more friends who are sensitive, compassionate, and capable of uplifting you.

• In panic situations, relax with deep breathing. Take a deep breath for the count of ten, hold it for that long, exhale. Repeat this a few times, then think through your anxiety.

• Get your mind on something else. Chew gum. Turn on the radio or TV. Distract yourself from the cravings long enough to settle down.

• Let out your emotions in an aggressive way. Punch a boxing bag or scream into a pillow. Wrestle with a safe support person. Beat your bed with a tennis racket or baseball bat. Loud crying can be a great release.

• Take part in physical activity. Go for a walk, jog, swim, or bide ride. Hit golf balls or play tennis.

• Stop yourself and identify the real hunger. Where is it coming from? Throat? Stomach? Heart? Write down spontaneous answers. These identify the source of your legitimate wants and needs.

• Write in your journal or tape record thoughts. Be intimate and honest. Look back at earlier entries to discover patterns and see progress. Address questions like, “What’s the payoff to this binge?”