

## My Cues

**Boredom** – the biggest cue for me. If I didn't have anything to do, I would eat.

**Environment** – cues galore with this one. Sometimes taking a person out of their environment temporarily is very necessary to break a habit.

**Hunger** – this one is a no-brainer. Even normal eaters will over eat if they are over hungry.

Remember – your cues aren't necessarily the same as mine!

## **Combat Boredom**

1 new project every week in addition to a large, ongoing project.

Ongoing: The Book.

Each day, 90 minutes per day, 6 days per week, will be spent writing, researching, and editing the book for a total of 9 hours per week.

Project for the week:

Sorting the kids' loose photos and putting them in albums – 30-60 per day. Project must be finished by Saturday evening of this week.

## **Change Environment**

Planning trips to the Library for the 90 minutes per day I need to work on the book

This helps because it gets me out of the environment where I can be distracted by food and avoids all the other triggers associated with binge eating at home. I binge eat at home. I've never binge ate at the library nor did it ever occur to me to do so!

Planning daily or every other day trips to the gym worked wonders as well. I've never thought to binge eat at the gym either! Even if it was just to get the aqua massage, chair massage, and other peripheral stuff done. If I didn't feel like working out, I would just go for that! What the hell. I pay for it every month.

**Changing my environment every day worked wonders! It was one of the best things I ever did!**

## **Avoid Hunger**

It sounds simple, but don't let yourself hit the point where you are overly hungry. You know, the chew your left arm off type of thing or even just slightly over

hungry can do it. That will backfire even in normal eaters and cause them to overeat.

Make **sure** to plan, every day, for the possibility that you will find yourself in a situation that you become overly hungry or thirsty. Every single day, at the start of each day, I made sure that I had 2 pieces of fruit and 2 oz of almonds, and 1 bottle or can of sparkling water with me, wherever I was. If I was travelling, I made sure I took a full meal with me. I absolutely did not want to stop and get bullshit food out of poor planning. Sometimes you do what you gotta do, but **planning can make your life so much easier.**

### **Routine Alternatives on a Scale of 1 - 10**

1. Prepping or full on preparing a meal for me to come home to as an alternative to getting home with nothing and winging it, which usually means a fail and a binge – **9**
2. Keeping bags of cut veggies and hummus (instead of chips or pretzels which would give me a “fuck it I already ruined the day with all these carbs so I might as well binge when I get home” attitude) and eating as much as I like to avoid unnatural hunger. **8**
3. Eating fruit and almonds on the commute home, change, and head to the gym for an hour doing whatever before I come home to eat my prepped dinner as opposed to eating my dinner, sitting around at home, then bingeing later. **8**
4. Coming home to eat my prepared meal then immediately going to the library to work on the book instead of sitting around the house with my thumb up my arse leading to the inevitable binge. Then coming home to a made ahead, pre-portioned snack instead of eating garbage - **9**
5. Involving myself in my weekly project - **7**

This is just a short summary. It contained much more and it is just an example. It helped tremendously and writing it down really held me accountable.

Planning + Accountability = Success

**Again, I only kept my notebook for a few weeks because after that everything just became a part of my new habits.**