

# - - - BINGE EATING EMBODIMENT - - -

Learning to embrace your binge eating as a lesson is no easy task. But, what you learn is invaluable. Print out as many of these sheets as you want, and welcome every new binge as a chance to dig deeper and learn more about what your body is saying.

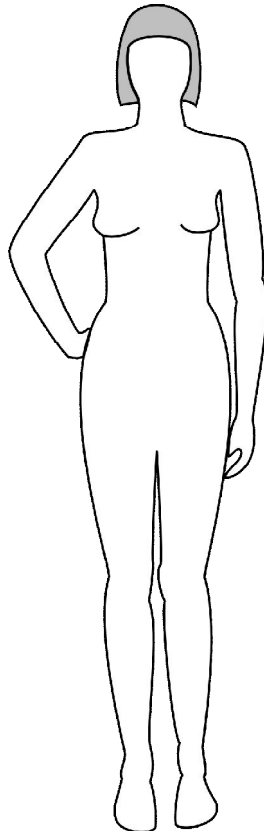
Don't fight your binge. Welcome it as an interesting and exciting time to learn more about yourself. Today's focus is on your bodily experience, but you can use this technique to explore whatever area you feel is most key to you.

What's my 'go-to' food? \_\_\_\_\_

What does it mean to me? \_\_\_\_\_  
\_\_\_\_\_

What body part can I feel asking for attention as/after I binge? \_\_\_\_\_  
\_\_\_\_\_

What do you feel as you binge? Where do you feel it? Do a full body scan as you eat. Draw or write it down:



The next time you binge – go for it again. Take a deeper look at the areas you highlighted above. Binge, but while you do so, focus on that body part (or one of them). Direct some love, attention, and energy there. Touch the area, eat into it. What can you feel? Listen to it. It might be telling you exactly what to do and why you're binge eating.