

# WHAT TO DO WHEN YOU WANT TO BINGE EAT

## PAUSE SKILL

BY JENNIFER ROLLIN, LCSW-C

**Pause**

**Allow space**

**Use coping strategies**

**Separate your "Eating Disorder Self"**

**Enlist help from a supportive person**

### 1. PAUSE

Take a moment to pause when you feel the urge coming on. Take a deep breath and tell yourself that you can still binge if you want after using this skill.



### 2. ALLOW SPACE

Remove yourself from your current environment and find somewhere to sit. Tell yourself that you are not trying to stop the binge, rather you are just practicing delaying action for right now.



### 3. LISTEN TO YOUR BODY

Ask yourself if you are feeling physically hungry. If so, choose to sit down and to eat something mindfully. If you are not physically hungry, continue with the rest of the skill.



### 4. COPING STRATEGIES

Figure out what works best for you. When urges are intense, choose 5-10 distraction coping strategies that you can do for at least 10 minutes each.



# WHAT TO DO WHEN YOU WANT TO BINGE EAT

## PAUSE SKILL

### 5. YOUR “EATING DISORDER SELF”

Start to notice what your “eating disorder self” is telling you and then practice responding from “your true self.” Your “eating disorder self” will always come up with reasons for you to binge eat.



### 6. FEELINGS AFTERWARDS

Remind yourself of how you usually feel after a binge episode. Binging gives a temporary feeling of “comfort” or respite from long-term distress. Typically, people feel physically and mentally terrible after a binge episode.



### 7. SEEK SUPPORT

Practice reaching out to supportive people instead of turning towards your eating disorder, even if it’s just to talk to someone as a means of distraction. Reaching out for support can bring your “true self” to the forefront.



### 8. BE KIND TO YOURSELF

Recognize that you are using binging either as a response to physical or emotional deprivation and/or to cope with uncomfortable or unpleasant emotions.



# WHAT TO DO WHEN YOU WANT TO BINGE EAT

## COPING STATEMENTS

“I AM MORE POWERFUL THAN  
MY EATING DISORDER.”



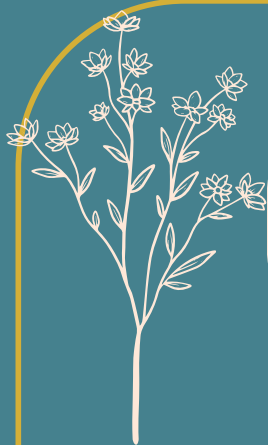
“I CAN TAKE MY RECOVERY, ONE  
DAY OR ONE MOMENT AT A TIME.”



“EACH TIME I PRACTICE USING THE  
PAUSE SKILL, IT WILL GET EASIER IN  
THE FUTURE.”



“I AM ENOUGH, JUST AS I AM.”



# WHAT TO DO WHEN YOU WANT TO BINGE EAT

RECOVERY IS POSSIBLE

## SELF COMPASSION

If you do end up bingeing after taking these steps, it's important to be compassionate with yourself. You are not alone in struggling with this and you are not simply "lacking willpower."



## RESILIENCE

Bingeing is often a resilient response to emotional distress, past trauma, and feelings of low self-worth. You are trying to 'help yourself,' and it might even feel helpful in the short term, but in the long-term bingeing is likely not serving you.



## CELEBRATE WINS

If you have outlasted the urge to binge completely, take a moment to recognize and acknowledge this.



## YOU DESERVE FREEDOM

You deserve a meaningful and joyful life. No matter what you may be telling yourself, finding freedom from bingeing is possible. I've worked with many people who were able to fully recover from their eating disorders.



THE EATING DISORDER CENTER

Eating Disorder Therapy & Recovery Coaching

# LOOKING FOR THERAPY OR COACHING FOR BINGE EATING?

WE ARE HERE TO HELP!

## OUR SERVICES

- Eating disorder therapy for children, teens, & adults. In office in Rockville, MD or virtual in MD, VA, DC, FL, & NY.
- Recovery coaching for teens and adults worldwide.
- EMDR therapy for an eating disorder & trauma.



## CONTACT US!



[WWW.THEEATINGDISORDERCENTER.COM](http://WWW.THEEATINGDISORDERCENTER.COM)



301-246-6856



[INFO@THEEATINGDISORDERCENTER.COM](mailto:INFO@THEEATINGDISORDERCENTER.COM)