

# **Binge-Extinction Strategies:**

**Binging is usually an attempted solution to one or both of the following problems:**

- **poorly managed hunger (dietary over-restraint)**
- **difficulty tolerating intense emotions**

## **1. Binge-delay:**

- set oven timer (i.e. 5 mins the first time and then increase the delay in 5-10 min. increments as you are able)
- use list of alternative activities that are incompatible with eating to distract yourself during the delay
- if you still need to binge when the timer goes off then do so
- if you managed to not binge during the delay time then count that as a “victory”

## **2. Binge “mindfully:”**

- take the food out of the original container(s) and put on a plate or in a bowl
- with each mouthful stay aware and notice taste, texture, consistency
- when the food is gone ask “what do I want now?”
- again allow yourself to eat the food mindfully (observe, describe, participate in the experience without judging).

**These two techniques help a recovering person to learn that binging is NOT “automatic” out-of-control behaviour**