

# The Done Bingeing

PODCAST

## EPISODE 20: WRITING YOUR SCRIPT

*What do a fire and a curtain have to do with you and your dreams? Keep listening!*

Welcome to *The Done Bingeing Podcast*. This is the place to hear about how you can pair the emerging brain science about why you binge with powerful life coaching to help you stop. If you want to explore a non-clinical approach to end binge eating, you're in the right place. It's time to free yourself. You have more power than you know. And now, your host, Life and Weight-Loss Coach Martha Ayim.

Welcome to Episode 20 of *The Done Bingeing Podcast*. You're back and so am I and I'm delighted we're spending this time together every week.

We've spent some time imagining what a rich, unapologetic life would look like for you. To create a new life free from bingeing and full of living, you first need to imagine the dream idyllically, then plan every step practically, then get to work methodically.

Episode by episode, we've been tackling the steps you need to take to stop bingeing. And in the last episode, you imagined and detailed what you'd need to do to start living—thriving even.

With a sense of the actions you need to take, we need to fuel those actions with the emotions that will inspire you to take them. How do we do that? With your thoughts.

This episode is a deep dive into new thoughts to shift your focus from taking in food to taking in life.

We know what you want to leave behind.

And we know where you want to go.

Now, let's get you there.

To get you there, to create the reality that you want—a life free from bingeing *and* a life full of living—you not only need to deliberately choose thoughts that will take you there, you not only need to *think* those new thoughts, you need to *live* those new thoughts. I want you to practice them so much that they become so automatic that you begin to live your future before you get there.

I want you to imagine yourself rehearsing for the starring role in a movie or play. Why? Because that's essentially what you're doing as you practice your new thoughts. Line by line of your new script, rehearsal

after late-night rehearsal, you are beginning to step into your new character, to live and breathe that person—a more evolved version of yourself.

There are three steps to make this happen: First, you write your script. Second, you memorize the script. Third, you become the character with effortless emotion—in other words, you live as the future version of yourself right now.

Let's break it down, one step per episode for the next three episodes.

First, writing the script. Your script is the thoughts you need to think to create the emotions you need to feel to inspire the actions you want to take.

To take massive action toward a goal, it may help you to feel some of these emotions: courageous, committed, excited, empowered, focused, and willing. If these aren't emotions that will drive your actions, then come up with other emotions that will.

What thoughts will create these or other inspiring emotions for you?

Here are some ideas. Some may resonate for you, some may not. Pick the ones that work for you, toss the rest. Tweak any that are close, but not quite right.

Okay, so here goes—a list of thoughts and compelling reasons that may help you shore up the drive you need to do what you need to do to find your freedom and live your passion:

My head will never again slam onto my desk after a sugar crash at the office.

I'll never lose a day of productivity due to the mental fog following a binge.

I'll never be miserable publicly or privately because I'm despairing about a binge.

I'll never feel ill or vomit because I ate too much or ate food that makes my body ache.

I won't have regrets about eating.

I won't have that bloated feeling after a binge.

I won't have to deal with all those extra calories.

I won't panic around food.

No more looking down at a platter of crumbs and wondering what happened.

No more off-gassing after a binge—you know what I mean.

No more Googling how to stop bingeing and how to lose weight.

My teeth will be healthier without all the sugar.

My indigestion and my acid reflux will improve when I stop bingeing.

I'll reduce my risk of insulin resistance and diabetes.

I'll save hundreds of dollars a month, thousands of dollars a year, on binge food.

I'll never shame myself again for eating a food I didn't plan on eating.

I'll free emotional and physical energy that I can pour it into the rest of my life.

I'll live more in alignment with who I'm meant to be.

I'll know my clothes will fit me.

I'll sleep better.

I'll demonstrate healthy eating patterns for my children.

I'll feel calm around a buffet table.

I can read after dinner instead of snore after a binge.

I can travel and eat in a way that lets me devour the destination with all of my senses, not just my mouth.

I can learn to make healthy food exciting, *and* I can learn to make my life more exciting than food.

I can make conscious food choices.

I can let go of the chatter in my head about whether I should or shouldn't eat something.

I can take responsibility for what I think, how I feel, what I do, and what I create.

I can learn to identify emotions and describe how they feel in my body.

I can manage my own negative emotions.

I can handle my emotional life.

I can create something different.

I can deal with the end of the day with vision and purpose.

I am pretty darn fabulous as I am, and getting better every day.

I can honor my body today and every day.

I can do hard things.

I have the privilege of choosing thoughts that serve me.

I have the maturity to choose foods that feel right in my body.

I am one thought away from transforming my life.

I am willing to experience discomfort.

I am willing to take precision in self-care to a whole new level.

I am willing to be present with what really happening, instead of eating to cover it up.

I'm committed to staying curious—not judgmental—about what I eat.

I'm becoming a woman who keeps her word to herself.

I'm becoming a man who has his own back.

I'm becoming someone who can trust themselves to nourish their body.

I'm becoming who I'm meant to be.

How do you feel?

If those thoughts lit a fire under your butt, they're good thoughts for you.

If those thoughts made you want to go to Chick-fil-A for a fill-a chicken, they're not good thoughts for you.

Find the thoughts that define the person you want to become, the person who eats the way you truly want to eat, the person who lives the way you truly want to live. It could be 10 thoughts. It could be 20. The number isn't the point. The point is to describe, to articulate, to capture the breadth and depth of who you will be, of what you *won't* stand for and of what you *do* stand for.

Write your thoughts down.

That is your script.

Every day, you follow a script.

Right now, it's the one running on autopilot in your mind. If you love the results that you have in your life, wonderful. Stick with the script. It's working for you.

But if you don't love the results that you have in your life, take that fire under your butt and torch the script. It's not working for you.

In fact, it may not even be your script. It may be a riff of a comment someone made years ago about how you might wanna lose a little weight around your middle. It may be a take off commercials that forever suggest you're not enough.

Whose words do you want running through your mind?

Do you want to put your mental health in the hands of the one who quipped the comment? Or in the hands of an ad exec with a fat wallet?

If you want to live your own life, you need to write your own script, or at least begin with someone's that makes sense and guides you in the direction you want to go.

You know where you want to go.

This is your show.

This is your stage.

When the curtain lifts, make sure you know what you want to say.

Make sure you know what you want to do.

And make sure you know who you want to be.

That's it for Episode 20. Thank you for listening.

*The Done Bingeing Podcast* is helping so many people to reduce their bingeing and overeating, and to find out who they're truly meant to be when they live their lives fully. Ratings and reviews will help more people find this podcast and get the help they need. So, if you're getting something out of this podcast, I would be honored if you would leave me a rating and review. Just go to [www.holdingthespace.co/itunes-review](http://www.holdingthespace.co/itunes-review) for easy-peasy instructions on how to get it done. Thank you so much!

Thanks for listening to *The Done Bingeing Podcast*. Martha is a certified life and weight loss coach who's available to help you stop bingeing. Book a free session with her at [www.holdingthespace.co/book](http://www.holdingthespace.co/book). And stay tuned for next week's episode on freeing yourself from binge eating and creating the life you want.