

# Practice Positive Imagery to Avoid Binge Eating



Research has shown that we can strongly influence our behavior by what we think, whether it's positive or negative. Use this four-step approach to avoid the urge to binge or overeat.

1. Write down a reason to control a binge (for example, "I'll die of a heart attack," "I look fat," "My stamina will be reduced," "I'm out of control").
2. Then formulate a clear image of this negative consequence in your mind. Concentrate on it for a full 20 seconds.
3. Now write a brief description of a positive mental picture. This should be a pleasant image that is soothing to you (for example, watching a sunset or taking a peaceful stroll in a park).
4. Imagine this scene and concentrate on it for a full 20 seconds.

The chances are that this image will short-circuit the desire to binge.