

YOUR BINGE-URGE EMERGENCY ACTION PLAN



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[*Body Confident You, Body Confident Kid*](#)



Introduction

Firstly, I am here with you. I know what it's like to feel overwhelmed by urges to binge eat, and the painful feelings that often come along afterwards, both physically and psychologically. I've written this guide to remind you that **you deserve love and care**, and that you have the resources to move through this urge, right here on this page.

Allow them to help you. Let them in.

1

Pause and Notice

Notice what thoughts and feelings are showing up for you right now. Be as curious and non-judgemental as you can, even just for a moment. Be forensic.

What sensations are you noticing?

What thoughts are passing through?

Are you feeling irritated? Tired? Despairing? Hungry (if you're hungry in your tummy there's a good chance that what you need IS to nourish yourself with food)?

Say it out loud if you can. *"I'm noticing I'm having a binge urge right now. I'm noticing I'm having the thought that I need to eat."* (Doing so helps you make space for the

experience without having to push it away or react to it in unhelpful ways).

Take 3 deep breaths, focusing on the exhalation. In through your nose for 4 seconds, out of your mouth for 6 or however long feels comfortable. Imagine breathing in relaxation and breathing out any tension as you do so. Focusing on the exhale helps to activate your parasympathetic nervous system that will help you feel more safe and grounded.

2

Check in with yourself

“What do I really need right now?”

Again, try to be as non-judgmental as you can. Is it food you really need? Or is it connection? Comfort? Stimulus? Rest? Calm? Acceptance?

Ask yourself. *“What can I do right now that’s in line with my values?”*

“Who do I want to be?”

Remember, you have the power to choose even though difficult thoughts and feelings are showing up.

3

Text or call your support network

Who is your support person or network? Write their name here..

They might be a friend, family member, partner, support group, sponsor, 12 step group or helpline. They might even be your pet.

If you can’t think of anyone right now, bring your most compassionate, adult part to the fore, and leave yourself a voice note. Acknowledge what you’re feeling and offer yourself the support you need to hear. It might evoke uncomfortable feelings but

make space for them and do it anyway. This might sound like, *“I know this is really tough and these urges are hard to sit with, but I believe in you, you need and deserve love and care, and I am here to give it to you.”*

4

Pick a grounding tool

Choose one of the following to do right now:

- Smell something that helps you feel relaxed. A rose in the garden, a nice hand lotion, an essential oil, a candle.. it doesn't matter what providing it evokes a feeling of calm and safety for you.
- Stretch your body for a few minutes.
- Listen to a guided meditation on an app such as Insight Timer.
- Play your favourite calming song.
- Step outside and notice 5 things you can see.
- Splash your face with water a few times.
- Scribble what you're feeling on paper.
- Wrap yourself up tight in a super cosy or weighted blanket.

5

Remind Yourself..

Place your hand wherever the urge to binge shows up in your body.. your mouth, your heart, your tummy, your arms... and repeat all or some of these affirmations, whichever feel most right for you..

“This is a moment of suffering.”

“We all suffer sometimes.”

“This feeling will pass.”

“I can ride this wave.”

“I’m allowed to feel messy and still take care of myself.”

Keep repeating these 5 steps until you feel grounded and calm and the urge has passed.



Want more resources?

I hope this action plan helps you to build evidence that urges, sensations and thoughts around bingeing can show up and you CAN get through them without using food in a way that doesn't serve you.

Remember, providing you are well nourished (and it is SO important that you are not malnourished or restricting as these will almost always trigger a biological drive to eat that is a normal and healthy bodily response to potential famine) binge eating is a call for safety, regulation, and comfort. So wrap yourself up in love and compassion as much as you can and let the good in from wherever feels accessible to you.

Make sure you eat a satisfying meal at your next mealtime and keep these at as regular intervals as you can to ensure that your body knows that food is reliably available to you.

If you would like to learn more about how to heal your own body image, especially if you have kids in your life, my book, [Body Confident You](#), [Body Confident Kid](#), is packed full of more easy-to-follow, practical and evidence-based strategies and activities that you can implement straight away, along with expert insights and real-life examples. It will help you navigate the minefield of health and wellness disinformation and confusion that can disrupt our relationship with food. To get your copy [CLICK HERE](#)



Make sure you are also on my newsletter for regular evidence-based strategies for improving your relationship with food and your body. You can sign up [HERE](#).

This action plan was created with love and care, and wherever you are on your journey I hope it provides you with a safe place to start.

Charlotte



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