

Binge Freedom

Cheat Sheet

Your tool for before/during/after a binge
to get un-stuck and take action to break
free from your diet/binge cycle!

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Hey, I'm *Marissa*



2013



Today



Marissa Kai Miluk, MS, RD

I get it...

I struggled with binge eating for YEARS and always thought I was broken.

Diet after diet "failed me", leaving me feeling obsessed with my body, out of control around my favorite foods, and distracted from the life I wanted to live.

In 2015, I finally broke free from the destructive diet/binge cycle and started my mission to help you do the same!

The Purpose of the CHEAT SHEETS

I've known the paralyzing feelings of a binge. In those moments, it's hard to think clearly or compassionately with all the emotional & physical discomfort of a binge. If you've ever felt like you don't know what to do from the moment a binge urge hits to after the damage is done...

I'm guessing it usually goes something like this:

BEFORE

You **try to ignore the urge**, but the urge is so distracting. You feel **obsessive**, trying to ignore the **overwhelming** desire for food.

DURING

You **"let down your guard"** & next thing you know, you're hitting the bottom cereal box. You feel **powerless** & think **"what's wrong with me?!"**

AFTER

Bloated, exhausted, & disappointed, you hide the evidence of your binge. You **isolate**, feeling **shameful** of your failure & **losing trust** in yourself with every binge.

Can you relate?!

yes	no
<input type="checkbox"/>	<input type="checkbox"/>

The guilt, shame, & self-doubt as you vow to "never binge again" actually perpetuates the binge cycle to continue. But *what if* instead of getting *judgmental*, you could get *curious*? What if, even if you're sitting in the refrigerator light at 2am, you knew what to do next?

What if it could actually go something like this:

BEFORE

You **recognize the urge** &, with the cheat sheet, **identify** what you're really needing. You see that you **need comfort & can meet those needs** without a binge.

DURING

You connect to the extreme hunger & open the cheatsheet. You are able to **slow down & stay conscious** to **meet your hunger needs** without continuing to binge.

AFTER

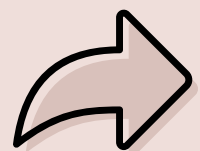
If you binge, you **cultivate self-compassion** using the cheatsheet to **move on**. You can use curiosity to problem-solve, & know the "mistakes" don't impact **your self-worth**.

How would this feel?

How to use the CHEAT SHEETS

"Rome wasn't built in a day, but they were
laying bricks every hour" -James Clear

1 <i>Identify</i>	2 <i>Reflect</i>	3 <i>Plan</i>
<p>Use the <i>Before, During, and After</i> checklists to identify what helpful patterns that support binge freedom you already engage in. By noting what is unchecked, you can identify what you need more help with.</p> <p>(In the blank spots, write your common triggers & coping skills)</p>	<p>Use the <i>Recognizing Patterns</i> worksheet to reflect on what you identify from step 1.</p> <p>After using the cheatsheets long enough to see trends, write down what patterns you engage in that support your journey, vs what's missing that is not supportive. This will give you more awareness of what you need to stop binge eating.</p>	<p>Use the <i>Curious Awareness & Plan</i> worksheet to create an action plan based on your reflections to best support your journey to binge freedom.</p> <p>What do you need to overcome these unhelpful patterns? Think about what advice you might give a close friend who was facing similar barriers.</p>



Let's go!

Step 1: Identify

Before Cheat Sheet

In the moment or after, check what applies to your behaviors

Physical

I eat breakfast, lunch, & dinner consistently & feel satisfied ☐

I have access to foods I need & want ☐

I receive reliable signals from my body that I use to meet my needs (hunger, fullness, etc) ☐

Generally wake up feeling well-rested & get enough sleep ☐

My daily environments are safe and comfortable ☐

Mental

I do not use food rules or body judgments to make decisions on my behaviors ☐

My lifestyle and routines are aligned with personal values (my "cups" are full) ☐

I trust my body's signals & am frequently connected to them (hunger, fullness, etc) ☐

My goals & expectations are realistic, measurable, attainable, & rooted in my values ☐

I reframe unreasonable thoughts into more helpful, compassionate thoughts ☐

Emotional

I am aware of my triggers ☐

I can sit in a binge urge, staying connected to the rise & fall (urge surfing) ☐

I set a 5-20 minute timer to utilize a coping tool for emotions & then check back in ☐

I can sit in my emotions, it's ok to feel ☐

If over- or under-stimulated, I can manage ☐

Other

Step 1: Identify

During Cheat Sheet

In the moment or after, check what applies to your behaviors

Physical

I use my senses to connect to the food (sight, hearing, touch, smell & taste) ☐

I pause to take a few deep breaths after every couple of bites ☐

I am seated, & the food is plated ☐

I recognize when my body may be hungry & I can meet those needs safely ☐

I can step away from the food & come back for more later ☐

☐

Mental

I have permission to have more now & later ☐

I observe & reject negative thoughts or judgments ☐

I connect to personal affirmations of trust, safety, and understanding ☐

I am not distracted ☐

I use grounding techniques to become present to the moment (ie aromatherapy) ☐

☐

Emotional

I can accept what I can and cannot control ☐

I can sit in my emotions, it's ok to feel ☐

I call a friend & can ask for support or comfort ☐

I practice grace & compassion for the overwhelming ebbs & flows of recovery ☐

I change the environment I am in to disrupt the habitual emotional nature ☐

☐

Other

☐

☐

☐

☐

☐

☐

Step 1: Identify

After Cheat Sheet

In the moment or after, check what applies to your behaviors

Physical

I do not punish myself. I do not plan or implement ways to compensate. ☐

I manage any physical discomfort or pain (comfy clothes, heating pad, bath, tea, etc) ☐

I eat my next meal or snack as usual ☐

I discern if an unmet need was the activating event (dissatisfaction, hunger, safety, etc) ☐

I appropriately utilize movement or breathing techniques to create physical connection ☐

Emotional

I check in with my coping tools & commit to one thing ☐

I can appropriately seek support professionally or personally ☐

I can ask for what I need emotionally from my support systems (comfort, support, etc) ☐

I reflect on triggering events & can explore future alternatives/boundaries ☐

I respect my emotional needs ☐

Mental

I use mindfulness techniques to keep my brain space neutral & present ☐

When ready, I reframe judgmental thoughts & beliefs into more compassionate truths ☐

With curiosity, I can reflect & learn more about what my body may have been seeking ☐

I am aware of the feelings I experience, physically and emotionally, from urge to after ☐

I can appropriately seek help ☐

Other

Step 2: Reflect

Recognizing Patterns

Before

Write down what you engage in that is supportive and what is missing that is not supportive

Supportive

ex: I use my coping tools after a binge

Unsupportive

I don't reframe my judgmental thoughts

Reflections

Recognizing Patterns

During

Supportive

Unsupportive

Reflections

Recognizing Patterns

After

Supportive

► Unsupportive

Reflections

Curious Awareness

and Plan

Unsupportive Pattern

Helpful Actions

01

02

03

04

05

Unsupportive Pattern

Helpful Actions

01

02

03

04

05

Unsupportive Pattern

Helpful Actions

01

02

03

04

05

Curious Awareness

and Plan

Unsupportive Pattern

Helpful Actions

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Unsupportive Pattern

Helpful Actions

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Curious Awareness

and Plan

Unsupportive Pattern

Helpful Actions

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Unsupportive Pattern

Helpful Actions

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Unsupportive Pattern

Helpful Actions

01

02

03

04

05

Don't Forget to *Rinse and Repeat!*



You've now got a starting place to help you identify the best next steps to take on your binge freedom journey!

Imagine how free it will feel to no longer have food & your body controlling your life?!

You're steps away, my friend!
Can you taste it?!
(that is, the ice cream that tastes SO MUCH better without a side of guilt!)



HUNGRY *for more?*

Save Yourself from Wasted Years of Trial and Error, Self-Doubt, and Precious Energy

If you struggle to identify the patterns keeping you stuck in the binge cycle, if you are not sure what helpful actions you need to implement to stop for good, or if you are looking for support from a professional who has also been in your shoes so you can find food freedom faster....

I'm here to help!



"Learn from the mistakes of others, you can't live long enough to make them all yourself"

Eleanor Roosevelt.

You Have What It Takes to Stop Binge Eating & Heal Your Relationship with Food

So get started RIGHT NOW by signing up for my new masterclass...



The 4 most common reasons you're stuck binge eating

+ what to do instead!

Masterclass to get you started with a clear path to food freedom

with Marissa Kai Miluk, MS, RDN, LD

bonus guide
5-Day Kickoff to Binge Freedom!



Learn 4 simple & powerful strategies to build the foundation for your life without binge eating...

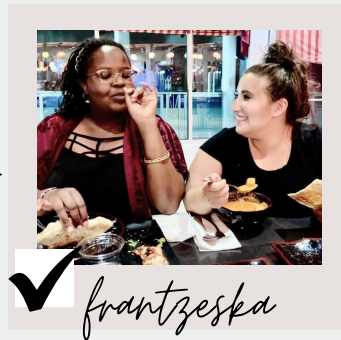
The foundation equation for binge freedom success

The KEY to stop obsessing over food and dieting

The simple first step to take daily to stop binge eating

Problem-solve barriers & take action to move on!

...a life you are dreaming of that my past clients (and myself) are living & you can too!



Food Freedom Awaits! Start now at
makainutrition.com/masterclass !



**Let's stay
connected!**



MaKaiNutrition.com



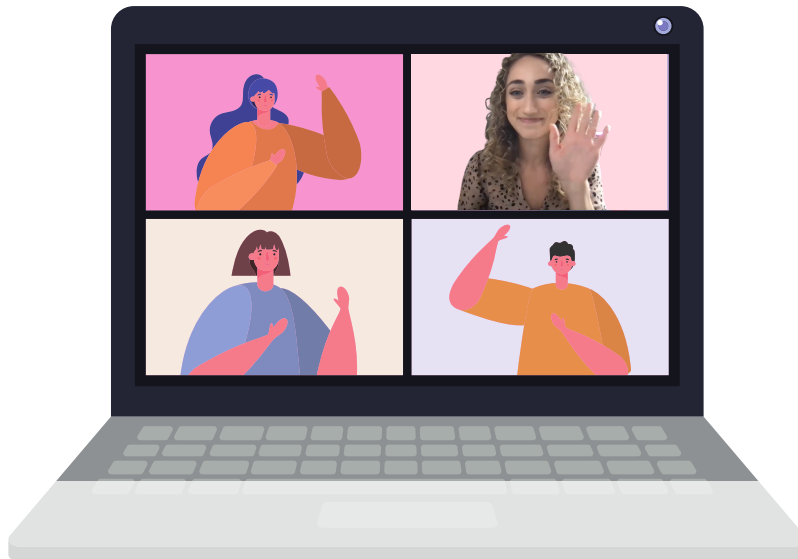
[@binge.nutritionist](https://www.instagram.com/binge.nutritionist)



[@bingenutritionist](https://www.tiktok.com/@bingenutritionist)



[Behind The Binge](https://open.spotify.com/show/behindthebinge)



If you're looking for more guidance...
Behind The Binge Academy, my signature
group coaching program, might be for you!



**MaKaiNutrition.com/
BehindTheBingeAcademy**

My Notes

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