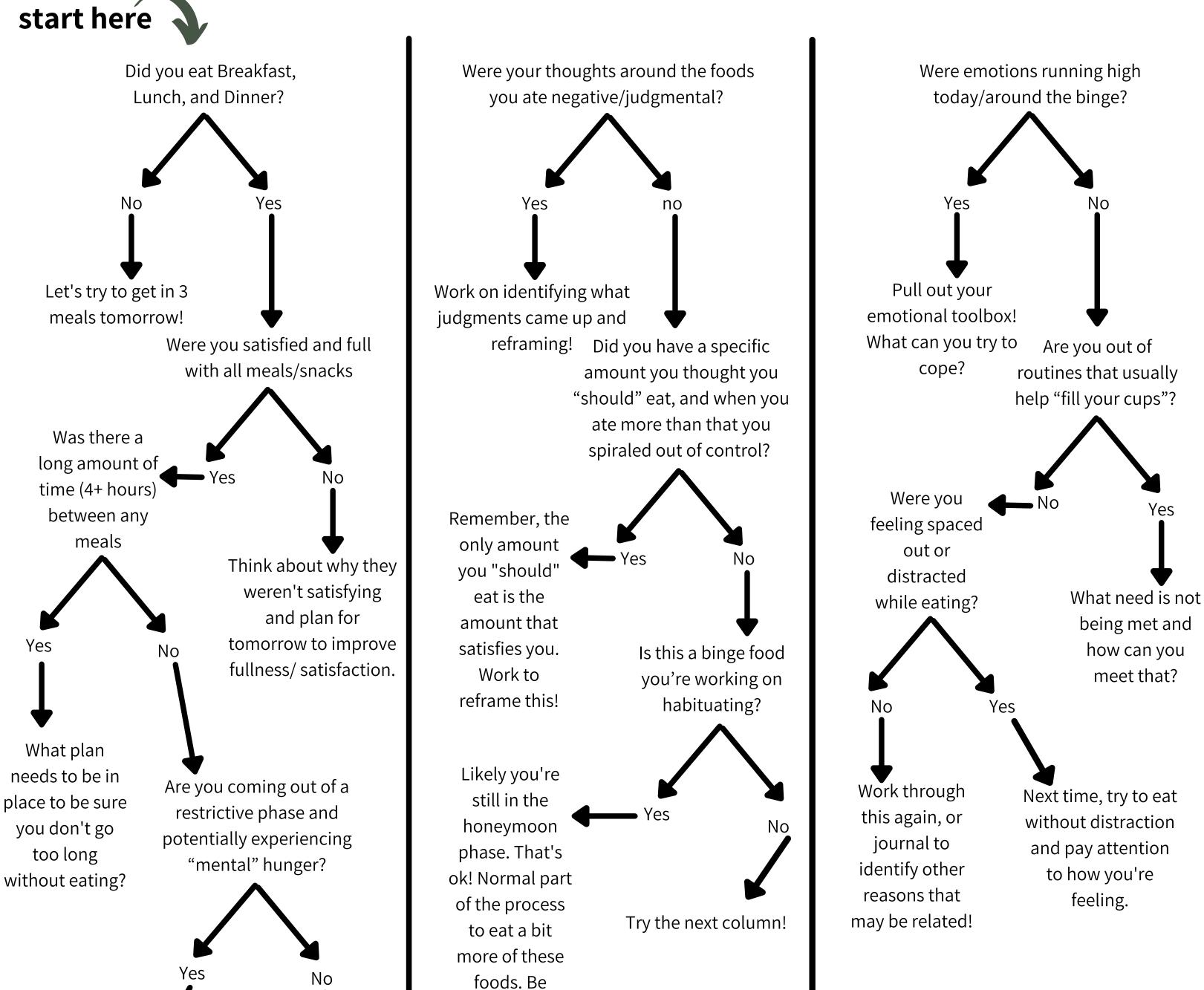
Binge "Problem-Solving"



Yes

Try to honor your mental/extreme hunger as best you can. Reaching mental satisfaction (even if you're physically full) will help to satisfy that need. It won't last forever!

No compassionate with yourself as Try the next column! habituate this food tomorrow.

you heal and

continue to

