

The 4 most common reasons  
you're stuck binge eating  
+ what to do instead

# MASTERCLASS WORKBOOK

---

by Marissa Kai Miluk, MS, RDN, LD  
@binge.nutritionist

# COPYRIGHT NOTICE

No part of the materials available may be copied, photocopied, reproduced, translated or reduced to any electronic medium or machine-readable form, in whole or in part, without prior written consent of Marissa Kai Miluk, MS, RDN, LD. Any other reproduction in any form without such written permission is prohibited. All materials contained in this ebook are protected by United States copyright law and may not be reproduced, distributed, transmitted, displayed, published or broadcast without the prior written permission of Marissa Kai Miluk, MS, RDN, LD

# WAIT! READ THIS BEFORE YOU START THE MASTERCLASS

---

I remember the day I found a support group for binge eating. I was living in LA and had FINALLY come to terms with the fact that dieting & trying so desperately to fit into diet culture's ideals were ruining my life. I was terrified to go and share my struggles, but I thought, "life is short! don't waste another minute on this food and body obsession!"

That day was the start of the end of my struggles with binge eating, but it was nowhere near the end-all-be-all for my full recovery. I set unrealistic expectations for that day. Like one session with a professional would end what I've been living with for years. I'm grateful, though, that I had the right headspace for this little reality check; One day, one week, one month, or even one year may not be enough to relieve me from my struggles with food, but I knew I had no other option but to try.

This is that moment for you! Take a moment to write down what you are hoping to resolve by joining this masterclass. Then.... throw that away; Throw away the expectation that this will resolve anything, but rather this is the next step for you in the direction of that life free from your war with food. So instead write one sentence to represent your intention of being here with me today! We will set some goals on the next page ;)

*Rooting for you, Marissa*

[illegible]

# MASTERCLASS OBJECTIVES

---



## SET HELPFUL GOALS & EXPECTATIONS

Learn what to do to set up the powerful foundation needed for binge freedom success



## IDENTIFY CONDITIONAL THOUGHTS

Learn what conditional thoughts prevent you from making the key change needed to stop obsessing over food



## PLAN TO DO 1 ACTION CONSISTENTLY

Understand why the consistency of meal eating patterns will help build back body trust



## CULTIVATE CURIOSITY

Have a better understanding of the barriers to your food freedom goals and problem-solve without judgment

# MY MASTERCLASS GOALS

---

FIRST GOAL

ACHIEVED?

SECOND GOAL

ACHIEVED?

THIRD GOAL

ACHIEVED?

# REASON #1:

## WHEN YOU SET THE WRONG GOAL

When your goal is actually holding you back... take a moment to build a foundational mindset first

W\_\_ + B\_\_\_\_\_ + P\_\_\_\_\_  
= FOUNDATIONAL MINDSET

START WITH \_\_\_\_.

1. \_\_\_\_ ARE YOU EMBARKING ON THIS JOURNEY TO B\_\_\_\_\_ ?
2. \_\_\_\_T WILL \_\_\_\_\_ F\_\_\_\_\_ GIVE YOU?
3. WHAT WILL THAT F\_E\_ \_\_\_\_\_?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

**IF YOU'RE WONDERING  
"WHAT IF THIS ISN'T  
POSSIBLE?" ASK  
YOURSELF**

**" \_\_\_\_\_?"**



# MINDSET MATTERS

"I have everything inside of me that I need to take care of myself without using food"

MONDAY

---

---

---

---

---

TUESDAY

---

---

---

---

---

WEDNESDAY

---

---

---

---

---

THURSDAY

---

---

---

---

---

FRIDAY

---

---

---

---

---

SATURDAY

---

---

---

---

---

NOTES

---

---

---

---

---

---

SUNDAY

---

---

---

---

---

# REASON #2:

## WHEN YOU SKIPPED A STEP...

When you skipped the step of breaking up with \_\_\_\_ing ...explore what b\_\_\_\_\_ are still tying you to \_\_\_\_s because

U\_\_\_\_\_L \_\_\_\_\_SS\_\_\_ IS KEY

### DOES THE VOICE IN YOUR HEAD EVER SOUND LIKE...

☐ "I can have pizza, but only 1-2 slices"

☐ "That should've filled me up, I want more but I don't need more"

☐ Second-guessing a desire based on what you "should" eat  
= C \_\_\_\_\_ L P \_\_\_\_\_

### GET UNSTUCK AND BUILD B\_\_\_ T\_\_\_\_\_

☐ "I can have pizza, a\_ m\_\_\_\_\_ n\_\_\_ to feel s\_\_\_\_\_"

☐ "That should've filled me up, I \_\_\_\_\_s I n\_\_\_ \_\_\_e \_\_\_\_\_ today"

☐ H\_\_\_\_\_ a desire based on what \_\_\_ll \_ee\_ \_\_\_d in your \_\_\_\_\_  
= \_\_ C \_\_\_\_\_ L P \_\_\_\_\_

Q

"BUT WHEN I EAT WHATEVER I  
WANT, I JUST BINGE AND  
BINGE FOREVER"

---

A

WITH \_\_D\_ T\_\_\_\_,  
P\_\_\_\_\_ TO \_\_\_\_  
SIMPLY ALLOWS A  
C\_\_\_\_\_ TO BE MADE  
BASED ON A\_\_\_\_\_--  
TO YOUR NEEDS.  
WITH R\_\_\_\_, THERE  
IS NO \_\_\_\_C\_.

# WHERE DO I EVEN BEGIN?

W \_ \_ \_

W \_ \_ \_

W \_ \_

H \_ \_

**1**

W \_ \_ \_ do you feel r \_ \_ \_ \_ \_ \_ \_ \_ towards  
certain t \_ \_ \_ \_ or a \_ \_ \_ \_ \_ \_ of f \_ \_ \_ s?

---

**2**

W \_ \_ \_ is the l \_ \_ \_ \_ \_ ing \_ e \_ \_ \_ \_ you  
have around the p \_ \_ \_ \_ ss \_ \_ \_ to \_ \_ \_ ?

---

**3**

W \_ \_ is this b \_ \_ \_ \_ \_ f \_ \_ \_ \_ /not s \_ \_ \_ ing  
your current \_ \_ \_ \_ \_ ?

---

**4**

H \_ \_ you could begin to c \_ \_ \_ \_ \_ \_ \_ the  
\_ \_ \_ \_ \_ \_ s with intentional b \_ \_ \_ \_ \_ \_ \_ ?

---

# REASON #3:

## WHEN YOUR EXPECTATIONS AREN'T REALISTIC

---

start with a simple & p\_\_\_\_\_l step to  
build b\_\_\_ t\_\_\_t daily.

### CONSISTENT \_\_\_ING \_\_\_\_R\_\_

TELL YOUR BODY IT CAN \_\_\_\_\_ YOU  
BY \_\_\_ING E\_\_\_\_\_ CONSISTENTLY  
THROUGHOUT THE \_\_\_\_.

WHY?

TO R\_\_\_\_\_ YOUR \_P\_\_\_\_\_ AGAIN  
AND S\_\_\_\_\_ YOUR BODY'S \_\_\_\_\_ SO  
YOU CAN BETTER \_TT\_\_\_ TO IT  
MOVING FORWARD

---

---

---

---

---

---

---

---

---

---

---

# "BUT...WHAT DOES MY BODY NEED?"

---

You already have the answer, but  
what's missing is t\_\_\_\_



# WHAT COULD MY BODY POSSIBLE BE TELLING ME?!

## NEEDS WHEN BROKEN TRUST

☐ Extra food for security

☐☐☐☐

## NEEDS WHEN HEALED TRUST

☐ Food that satisfies hunger

☐☐☐☐

# REASON #4:

## WHEN YOUR APPROACH DOESN'T ALLOW GROWTH

When it feels like you have no self-control  
over your binges...detour your self-  
sabotage cycle with...

N \_ \_ \_ \_ \_ L C \_ \_ \_ \_ \_ Y

J \_ \_ \_ M \_ \_ \_ \_ L  
A \_ \_ \_ \_ N E S S  
LEADS TO  
SELF - \_ \_ \_ \_ \_ .

Ugh, why did I binge on  
ice cream again?! What's  
wrong with me?!

C \_ \_ \_ \_ \_ S  
A \_ \_ \_ \_ N E S S  
CULTIVATES  
A \_ \_ \_ \_ \_ T .

Hmm..Why did I binge on  
ice cream? What is my  
body trying to tell me?

Build awareness: What unsupportive patterns do you notice recurring?



# REFLECT & PLAN

"Being brave enough to witness your judgment without judgment is liberating! You will feel an incredible sense of freedom."

-Gabby Bernstein

Unsupportive Pattern

ex. I don't allow myself to eat  
carbs after 7pm without  
feelings of guilt, then I binge

Helpful Actions

Practice t\_\_\_\_\_r\_\_\_\_\_ing exercises.  
R\_\_\_\_\_carb r\_\_\_\_\_.

Unsupportive Pattern

Helpful Actions

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Unsupportive Pattern

Helpful Actions

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Unsupportive Pattern

Helpful Actions

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# GET CURIOUS

**1** WHAT KIND OF T\_\_\_\_\_  
WAS THIS?

WAS THIS RELATED TO AN E\_\_\_\_\_,  
P\_\_\_\_\_, OR \_\_\_\_\_ EXPERIENCE?

**2**  
IS THIS A  
P\_\_\_\_\_?

WHAT ARE  
SOME WAYS  
YOU CAN  
\_\_\_\_\_P  
YOUR  
R\_\_\_\_\_?

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

**3** WHAT  
\_\_\_\_\_ IS  
NOT  
BEING  
\_\_\_\_?

WHAT ARE  
SOME N\_\_\_\_\_  
RELATED TO  
THE T\_\_\_\_\_R  
FROM STEP  
1?

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

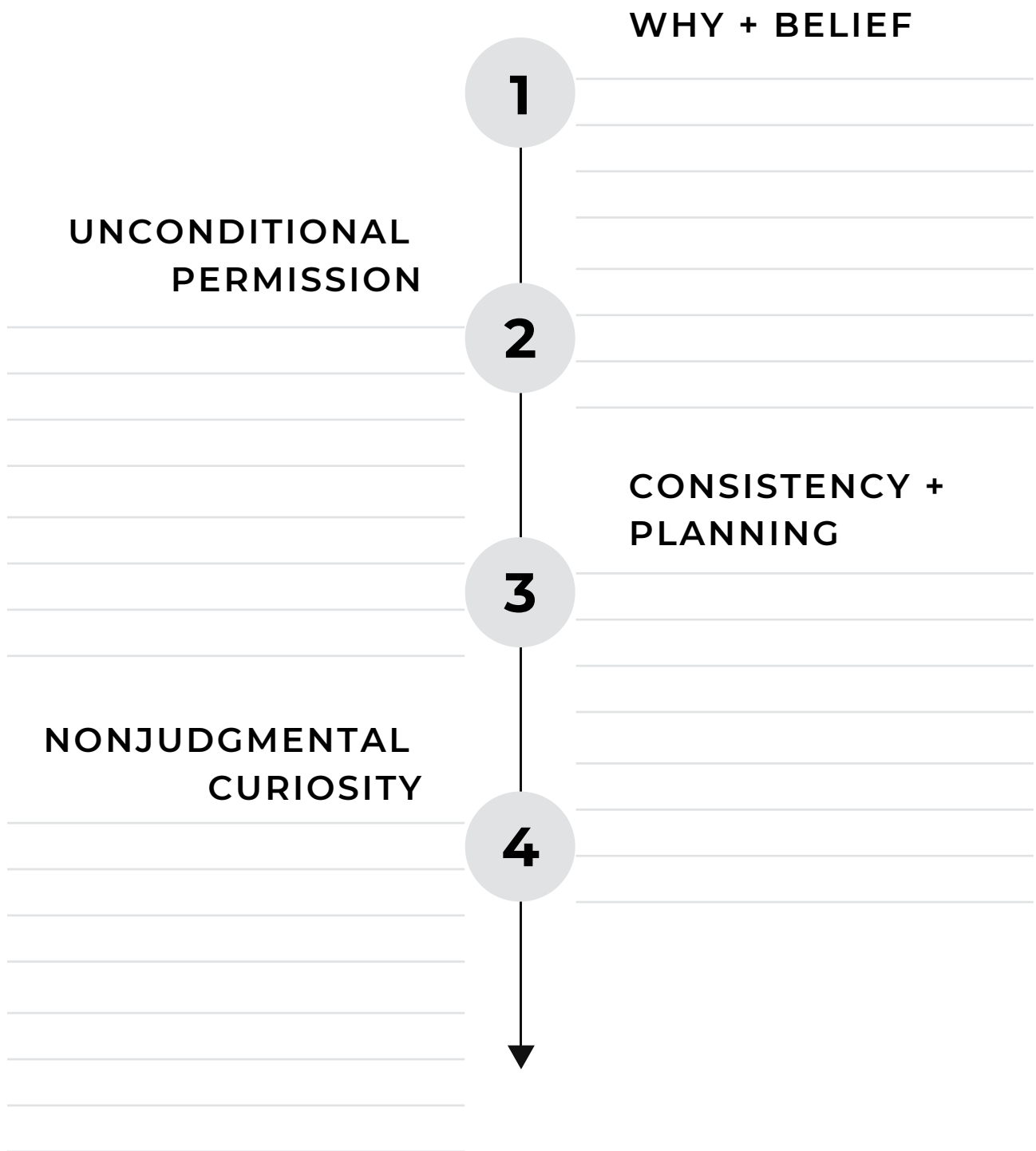
**4** WHAT  
WOULD  
\_\_\_\_\_ THAT  
\_\_\_\_\_ MAKE  
ME \_\_\_\_\_  
B\_\_\_\_\_?

WHAT CAN I  
DO TO  
H\_\_\_\_R MY  
BODY'S  
N\_\_\_\_\_?

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

# LET'S RECAP

---



# MAIN TAKEAWAYS

---

1

2

3

4



# FINAL THOUGHTS

---

Learning how to live your life free from food obsession and body shame can be truly life-changing.

Before you start any path to healing, you need to examine WHAT exactly is keeping you stuck, and figure out how the tools you need to deal with that first.

I hope you're leaving here with more clarity about what you need to kick off your journey to food freedom!

NOTES

## NEXT STEPS?

- please remember... you don't have to go through this alone
- if you're looking for more support, send me and my team a DM on instagram @binge.nutritionist and we will help you find the right resources to best fit your needs :)

# NOTES

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---