Congratulate yourself for having the awareness to recognise you want to binge. That is a big step forward.

Grab yourself a pen and paper

Set a timer for 5 or 10 minutes. You can use the one on your phone

Take a few deep breathes. Focusing on both your inhale and exhale

Ask yourself: “What happened right before I wanted to binge?” and write down the answer

Ask yourself: “What do I really want and need right now?”

“Can I give myself that in a way which doesn’t cause me harm?”

Thank yourself