

STELLAR *Life*

Hosted by *Orion*

Overcome Binge Eating

10 Point Checklist

Kathryn Hansen

Want to gain as much knowledge as possible out of this episode? Here is your **10 point checklist** that gives you actionable steps you can take **TODAY** to start living a Stellar Life!

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10 STEPS YOU CAN TAKE TODAY

**Take charge of your health, wellness, and success.
Here are 10 steps that can move you closer to your goals – today.**

- Focus on your healing and trust the process. In order to stop binge-eating, you need to remain focused on what you can control to achieve recovery.
- Stop comparing yourself to others. Recognize that you are on a unique recovery journey and let others' success fuel your own motivation.
- Reflect on what urges your binging behavior. Develop a strategy to reduce your urges to binge based on how your thoughts and feelings when the urges to binge arise.
- Feel free to let go of restrictive dieting if it doesn't work for you. To simplify your recovery, observe how your brain responds to each preventative process you try: If it's not serving you, it's not for you.
- Your weight does not define you. Prioritize nourishing your body and develop eating habits that suit you.
- Remain focused on the bigger picture. Give yourself the power to decide how your days will unfold. Breathe good thoughts into your body and use your higher cognitive power.
- Be patient with yourself and take things slowly. Take time to appreciate each moment as you recover.
- As you overcome your eating disorder, continue co-creating your destiny with your inner wisdom. Use your recovery and your talents to inspire and help others. Your recovery journey can serve as an example for those suffering from the same disorder.
- Reframe your understanding of your urges through Kathryn Hansen's 5 components. Urges become meaningless and harmless brain glitches once you learn to channel the appropriate emotion and embrace the positive changes that occur as your body recovers.
- Visit Kathryn Hansen's [website](#) to listen to her podcast, follow her blogs, and have a one-on-one or group coaching session with her. Enroll in her [self-paced online course](#) or sign up for a [free eBook on Brain Over Binge Basics](#).

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