BINGE-FREE Brain
[BELIEFS OVERHAUL]

Remember...

❌ You don't lack willpower.

❌ You're not a self-sabotager.

❌ And you're definitely NOT an addict.

You're just using **conscious** thought...
to try to solve a **unconscious** problem.

In other words...

Your **brain** learned a certain 'program' around food that's CAUSING you to overeat...

These patterns got 'fired and wired' in your **brain** alongside food.

But now...

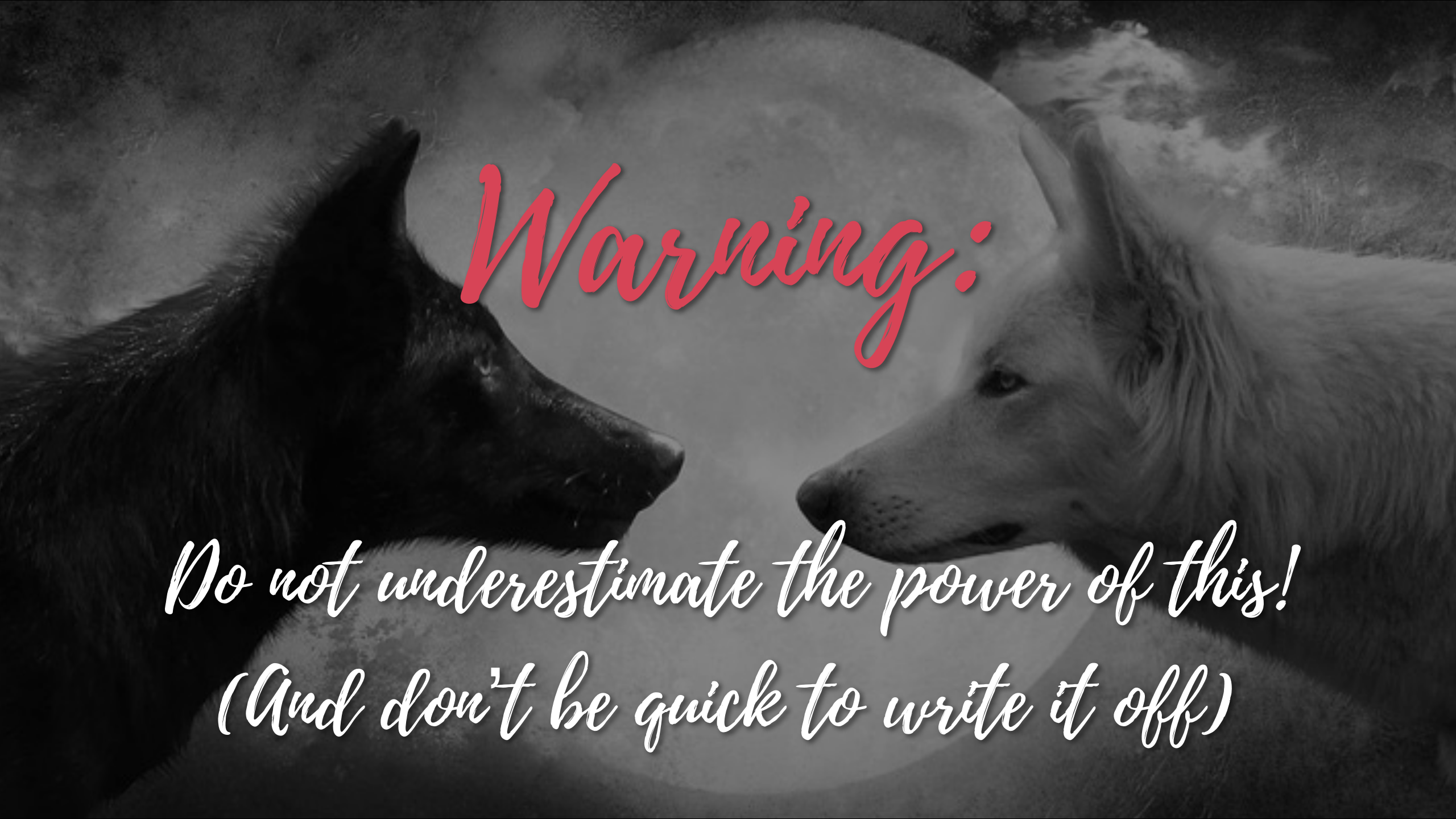
- You're aware, awake, and now you understand **WHY** you do **WHAT** you do
- The **unconscious** has become **conscious**.
- You're actually **doing** something about it!

You are finally solving the RIGHT problem.

Borrow My Beliefs

Removing the 'Weeds' and Planting New Seeds

Beliefs shape Behaviors
(Behaviors follow Beliefs)


Warning:
Do not underestimate the power of this!
(And don't be quick to write it off)

It will transform your life (and your brain) if you allow it to.

Beliefs Overhaul:

Rip Out Weeds + Plant New Seeds

You Are A
Storyteller

You Are A Storyteller...
What are you feeding?

The Process For Overhauling Your Beliefs:

OLD BELIEF : What's the old, non-serving belief? What's the drama belief? (The lie, limiting belief, disempowering self-judgement, self rejection)? **Identify the old belief

THE IN-BETWEEN (Discount it, Tear it down): Call B.S. on the old belief. Why is it NOT true? Why is it NOT serving you? Why is it a flat-out lie or fairytale? Why is it B.S.?
**Add in a splash of forgiveness ("I didn't know what I didn't know. I couldn't see what I couldn't see")

NEW BELIEF: What's the new empowering (yet believable) belief that you know you want to step into? Before you write it down, mentally come up with reasons/evidence that the new belief is 1) true (or you're 'on it' and it's becoming true) 2) is better/serves you more and 3) is more loving, patient, and kind.
**Remember: It's got to be YOUR truth, and a new belief that can/does actually feel true to you. It's got to be your words, your language, your intentions, or your brain will call B.S. on it. (Think: positive neuro-associations come from RESONANCE)

Borrow My Beliefs:

A very-common belief that causes us to reach for food when we aren't hungry:

OLD BELIEF : "When I'm bored/stressed/upset/fill-in-the-blank, food will make me feel better" (or "food is what I need right now")

THE IN-BETWEEN (Discount it, Tear it down): No actually when I'm stressed, eating will (not only) NOT do anything about the stress itself, but it will actually make me MORE stressed because now I feel guilt/shame/mad at myself about the food I just ate!

NEW BELIEF : That is the lie! It won't really fill the stress gap. I've just 'fired and wired' my brain to THINK it will make me feel better. What I really need is X [a walk, a bath, connect with a friend, to remember X, to become emotionally available to myself, God/Jesus/Unconditional Love, fill-in-the-blank] in those moments because food will NEVER fill that void

What this looks like practically:

OLD BELIEF (NOW IT IS CONSCIOUS) "When I'm bored/stressed/upset/fill-in-the-blank, food will make me feel better" (or "food is what I need right now")

NEW BELIEF (THE NEW CONSCIOUS TRUTH WE ARE ENGRAINING): That is the lie! when I'm stressed, eating will (not only) NOT do anything about the stress itself, but it will actually make me MORE stressed because now I feel guilt/shame/mad at myself about the food I just ate! Ive just 'fired and wired' my brain to THINK it will make me feel better. What I really need is X [a walk, a bath, connect with a friend, to remember X, to become emotionally available to myself, God/Jesus/Unconditional Love, fill-in-the-blank] in those moments because food will NEVER fill that void.

Wash, rinse, repeat.

Teach your brain a NEW program.

Borrow My Beliefs:

(When you notice yourself feeling out of control of food, Netflix, wine, whatever it is):

OLD BELIEF : "I don't care, I just want it now!" or "I don't care that I don't need it, I **have to** have it now!" Or "Screw it!" (and then proceed to use food or other coping mechanism)

THE IN-BETWEEN (Discount it, Tear it down): That's a lie! I do care. And I don't need it now. I've just 'fired and wired' my brain to THINK I need it now or that I don't care.

NEW BELIEF : No... I actually DO care, and I'm done believing the lie that I don't! This isn't me being an "addict" or having "no control". Ive just 'fired and wired' my brain to THINK I don't care or don't have control right now. But that's because my brain needs something I'm not giving it! What I really need is X [a walk, a bath, connect with a friend, to remember X, to become emotionally available to myself, God/Jesus/Unconditional Love, fill-in-the-blank] in those moments because food will NEVER fill that void. But in the meantime, I DO care…and I'm working on it. (Or something like that) .

What this looks like practically:

OLD BELIEF (NOW IT IS CONSCIOUS) "I don't care, I just want it now!" or "I don't care that I don't need it, I **have to** have it now!" Or "Screw it!"

NEW BELIEF (THE NEW CONSCIOUS TRUTH WE ARE ENGRAINING): That is the lie! Because I actually DO care, and I'm done believing the lie that I don't! This isn't me being an "addict" or having "no control". Ive just 'fired and wired' my brain to THINK I don't care or don't have control right now. But that's because my brain needs something I'm not giving it! What I really need is X [a walk, a bath, connect with a friend, to remember X, to become emotionally available to myself, God/Jesus/Unconditional Love, fill-in-the-blank] in those moments because food will NEVER fill that void. But in the meantime, I DO care…and I'm working on it. (Or something like that) .

Wash, rinse, repeat.

Teach your brain a NEW program.

Let's do one more...

OLD BELIEF: "I am a sugar [Netflix, social media, alcohol] problem/addiction, and this is how I will always be."

NEW BELIEF: "No...I've just practiced using it ADDICTIVELY, and there's a way to learn how to use it NON-ADDICTIVELY....where it doesn't "own me" anymore, and as long as I treat myself or buy into the LIE that I am "an addict" or "broken" or "messed up", I might as well give up on it altogether because it denotes that I am POWERLESS TO INFLUENCE IT. My brain (is just like Leanne's), "fired and wired" it in a way to crave and feel controlled by [Netflix, social media, alcohol, problem/addiction, coping mechanism]…and I can unwire it and rewire it at any time I choose…BUT refuse to believe the lie that "this is just who or how I am".

What this looks like practically:

OLD BELIEF (NOW IT IS CONSCIOUS) "I am a sugar [Netflix, social media, alcohol] problem/addiction, and this is how I will always be."

NEW BELIEF (THE NEW CONSCIOUS TRUTH WE ARE ENGRAINING): "No...I've just practiced using it ADDICTIVELY, and there's a way to learn how to use it NON-ADDICTIVELY....where it doesn't "own me" anymore, and as long as I treat myself or buy into the LIE that I am "an addict" or "broken" or "messed up", I might as well give up on it altogether because it denotes that I am POWERLESS TO INFLUENCE IT. My brain (is just like Leanne's), "fired and wired" it in a way to crave and feel controlled by [Netflix, social media, alcohol, problem/addiction, coping mechanism]…and I can unwire it and rewire it at any time I choose…BUT refuse to believe the lie that "this is just who or how I am"..

Wash, rinse, repeat.

Teach your brain a NEW program.

The Lessons:

OLD BELIEF : It's just a story. It's drama. It doesn't HAVE to be true – it just feels true because it's been practiced for a long time. But just as quickly as you learned the old, non-serving, lie-of-a story….you can learn a new one.

NEW BELIEF : It's got to be YOUR truth, and a new belief that can/does actually feel true to you. It's got to be your words, your language, your intentions, or your brain will call B.S. on it. (Think: positive neuro-associations come from RESONANCE)

WHAT HAPPENED IN BETWEEN: We had to call B.S. on the old belief. Why is it NOT true? Why is it NOT serving you? Why is it a flat-out lie or fairytale? Why is it B.S.?

Plus…a splash of forgiveness ("I didn't know what I didn't know. I couldn't see what I couldn't see")

We Are All
Storytellers
What story are you feeding?

The Process:

OLD BELIEF : What's the old, non-serving belief? What's the drama belief? (The lie, limiting belief, disempowering self-judgement, self rejection)? **Identify the old belief

THE IN-BETWEEN (Discount it, Tear it down): Call B.S. on the old belief. Why is it NOT true? Why is it NOT serving you? Why is it a flat-out lie or fairytale? Why is it B.S.?
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That's It!