



InnerSolutions

A counseling service dedicated to helping people heal from food, weight and body issues.

Bulimia Buster Podcast Script

Welcome to InnerSolutions' Bulimia Buster Podcast.

The following messages are for anyone who is trying to overcome dieting, bingeing or purging.

Even though you think dieting and restricting are the answer, they are more than half of the problem.

Bingeing doesn't mean you're bad...it means you're starving and full of feelings. Your body won't be able to take this treatment forever.

There is a way out of this torturous cycle of bingeing and purging.

We know you think your problem is your weight, but your problems go so much deeper—and they can be resolved with the right kind of help.

Even though you feel bad, you are not bad, you're just wounded. It's not your fault you developed bulimia. With the right kind of help you can recover.

Your problems can be resolved. You can learn how to speak your truth and resolve the issues that are haunting you. You don't have to be constantly haunted by your weight.

Recovery doesn't mean getting fat, it means getting well.

If someone you love came to you and told you they were hurting, would you stuff food in their mouth and then stick your finger down their throat? Would you starve them the next day? Would you make them exercise if they were tired or injured? This is what you do to your poor little hurt self.



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Your bulimia is trying to say something.
You can learn to use your words.
If your bingeing could speak what would it say?
If your purging could speak what would it say?

No matter how many times the restrictor in you promises it has the answer to your problems, and you won't binge again, you will.
Restricting leads to bingeing--it's guaranteed.
Purging leads to bingeing. As long as you know you can purge, the door will be open to binge. Purging robs your body of much needed nutrients, leaves you empty, and sets you up to crave more.

Bulimia is about under-doing and over-doing.
Recovery is about learning how to live in the middle.
Things are not as black and white as you think.

We all have a natural weight. You can either discover what that is or live in this torturous cycle.
When you eat moderate amounts in regular intervals and do some moderate physical activity, your body will automatically rest at your natural weight.

Your job is to learn how to live your life better, not how to control your weight better.

It's okay to eat a sandwich, you don't have to eat only salads, and then end up bingeing on bread.

It's better to eat a meal than to starve your way toward a binge.
Despite what our culture teaches you, losing weight will not solve your problems.

You deserve to have a life that is about so much more than calories, fat grams, out-of-control binges and toilet bowls.

You can learn to have a full life, rather than a full stomach.



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You can learn to eat delicious foods in moderation.

You do not have to be perfect to be loved or liked.

You don't need others to be perfect in order to love them. Do you?

You can be special without being sick.

You can get attention without being sick.

You can have an identity that is more than just being thin.

You don't have to spend the rest of your life in this vicious cycle. You can get help with your feelings.

Even though your eating disorder has you convinced that losing weight is the most important thing in your life, your health, your relationships and your spiritual and emotional growth are more important.

Don't believe everything you think. Your eating disorder has taken over your mind. You can learn to think for yourself again.

The most peaceful person in the room wins...not the thinnest.

You have gifts and skills that have nothing to do with how much you weigh. If you spend all your time and energy changing and controlling your body, you will have little left for anything else.

If this was your last year on earth, would you want to spend it bingeing and purging?
What would you want to do?



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Thank you for listening to InnerSolutions' Podcast.
We hope it was helpful to you.

We encourage you to listen to it many times, in order to allow the messages to sink in and help your thinking become healthier and more effective.

If you would like additional support, please check out our website at:
www.innersolutions.net. There, you can also find our book: [*The Don't Diet Live-It Workbook*](#).

If you are interested in purchasing *The Don't Diet, Live-It Workbook*, listen to our podcast for a special discount code.

Wishing you all our best. Thank you for listening.