

Break Free

From Overeating

Your Step by Step Guide to Food Freedom

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What's Inside:

- Understand why over eating and binge eating occurs.
- Learn the differences between disordered eating patterns and Binge Eating Disorder.
- Develop self awareness to manage urges.
- Learn to differentiate urges and hunger signals.
- Stop the emotional cycle of shame, guilt and frustration.
- Create a powerful toolbox of techniques.
- Understand your triggers.
- Find peace with every meal.
- Stop the binge restrict cycle, for good!

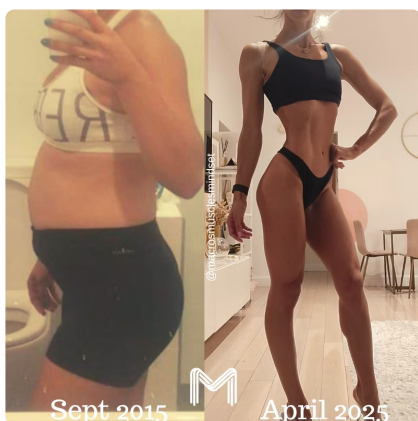
Your Step by Step Guide to Food Freedom

For 20 years, binge eating held me captive.

The shame, the secrecy, the endless cycle of restriction and overeating - I know the pain of this struggle all too well. But here's the truth: **recovery isn't just possible, it's absolutely achievable** when you have the right tools.

In this guide, I'm sharing the 5 evidence based tools that transformed my relationship with food and helped me, and all my clients, break free from binge eating disorder and overeating. Each tool comes with practical techniques you can start using right away, along with worksheets to track your progress and the compassionate guidance I wish I'd had during my own journey.

Your path to food freedom starts now!



You know... not only was I 50 pounds HEAVIER before I knew all this stuff... (peep the pic below) but there was 3 years of my life that I wouldn't let people take photos of me.

Learning these concepts has helped me grow as a person too. What you can gain from learning these 5 concepts isn't just balance. It's confidence, self love and growth too.

Learn more about my education and journey [here.](#)

Kat xx



Understanding Your Eating Patterns: What's Really Happening



The Spectrum of Eating Behaviours

Understanding where you sit on the eating behaviour spectrum is crucial for recovery. Many people confuse these terms, but recognising the differences helps you find the right support and treatment approach.

Overeating

Eating beyond physical fullness, occasionally. Often during celebrations or social events. This can be typical human behaviour, that most people experience without significant after thought or distress.

Disordered Eating

Irregular eating patterns that may include restriction, emotional eating, constant diet attempts or food preoccupation. This is concerning, as clinical criteria for an eating disorder can eventually stem from this preoccupation with food or body image.

Binge Eating Disorder (BED)

Recurrent episodes of eating large amounts of food quickly whilst feeling out of control, followed by significant distress. This occurs at least once weekly for three months. There are typically negative repercussions in all domains, or some of the below: emotionally, physiologically, socially, financially and sexually.

If you recognise yourself in the binge eating description, please know that you're not alone. Binge eating disorder affects more people than anorexia and bulimia combined, yet it remains the most misunderstood eating disorder. The good news? It's also the most treatable when approached with the right strategies.

The Binge Restrict Cycle: Breaking the Pattern

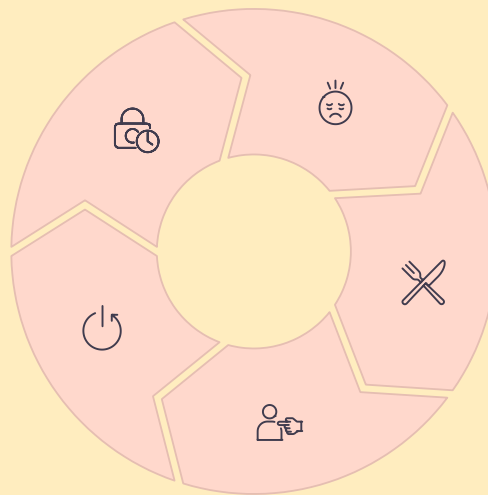
The binge restrict cycle is the cruel trap that keeps millions of people stuck in disordered eating patterns. Understanding this cycle is your first step towards freedom because you cannot break what you cannot see.

Restriction Phase

You restrict calories, eliminate food groups, or follow rigid food rules. This creates both physical and psychological deprivation.

Return to Restriction

Determined to "make up for" the binge, you restart restrictive behaviours, setting the stage for the cycle to repeat.



Trigger Event

Stress, emotions, or breaking a food rule triggers the urge to eat. Your deprived body and mind demand immediate satisfaction.

Binge Episode

You eat rapidly and feel out of control. The restriction has set you up for this biological and psychological rebound.

Shame & Guilt

Intense negative emotions follow. You blame yourself for lacking willpower, not understanding this is a predictable biological response.

This cycle isn't a moral failing, it's biology!

When you restrict food, your body increases hunger hormones and decreases satiety signals. Your brain becomes hypervigilant to food cues, and your willpower depletes. Breaking this cycle requires specific tools that address both the physical and psychological components.

Your Recovery Toolkit: Five Powerful Tools for Freedom

After two decades of struggle and years of research, I've identified five core tools that create lasting recovery from both over eating and Binge Eating Disorder. These aren't quick fixes. They're sustainable strategies that address the root causes of disordered eating patterns.

1

Habit Loops

Understanding and rewiring the automatic patterns that drive binge episodes

2

Upper & Lower Brain

Recognising the difference between your wise brain and your survival brain

3

Mindfulness

Developing present-moment awareness to interrupt automatic eating behaviours

4

Language

Transforming the internal dialogue that perpetuates shame and restriction

5

Environment

Creating physical spaces that support your recovery rather than trigger binges

Each tool builds upon the others, creating a comprehensive approach to recovery. You don't need to master them all at once. Recovery is a journey, not a destination. Let's explore each tool in detail, starting with the foundation of all behaviour change: habit loops.

Tool One: Understanding Habit Loops

Every binge episode you experience follows a predictable pattern called a habit loop. This concept, pioneered by MIT researchers and popularised by Charles Duhigg, reveals that behaviours, even complex ones like binge eating, are driven by a simple, three part cycle: the cue, the routine, and the reward. Understanding this loop is crucial because it shifts the focus from willpower (which often fails) to recognizing and rewiring the automatic neural pathways that drive your eating patterns.

For someone struggling with binge eating, the specific components of this loop become incredibly clear. The **cue** isn't just general stress; it might be a very specific trigger like feeling overwhelmed after a particularly demanding work call, seeing a specific "trigger" food (like a box of cookies) in your pantry, a location (like the airport), a memory, or the familiar onset of intense emotions such as loneliness, anxiety, or boredom. The **routine** is the binge eating episode itself. Often rapid, consuming a large quantity of food, and frequently done in secret. But the real insight lies in the **reward**: it's rarely just about the food.

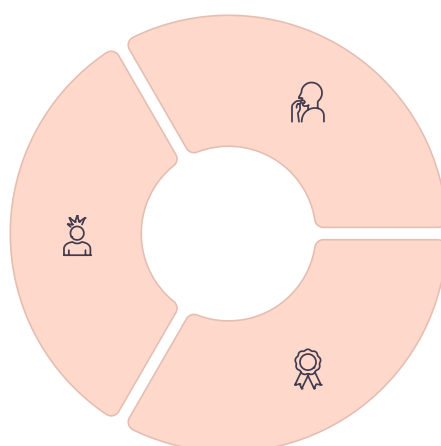
Instead, it's the immediate, albeit fleeting, rush of dopamine and the temporary escape from those uncomfortable feelings that initially triggered the binge. Your brain learns to associate that specific cue with this powerful emotional relief, solidifying the routine into an automatic response.

The powerful insight here is that you cannot eliminate cues entirely (stress and emotions will always be a part of life). However, you can change your routine, while still achieving the desired reward of emotional relief. This is the foundation of lasting recovery. Not through exhausting willpower battles, but through strategic and compassionate habit collapsing, building or replacement, that addresses the underlying need for comfort or escape.



CUE

Specific emotional trigger (e.g., anxiety, boredom), environmental cue (e.g., seeing certain food), or time of day.



ROUTINE

The binge eating behaviour itself, often impulsive and in large quantities.

REWARD

Temporary emotional relief, distraction, or numbing from difficult feelings.

Three Habit Loop Techniques for Recovery

1

Pattern Interrupts

When you sense a binge triggering cue, immediately disrupt the automatic pathway by engaging in a different, intentional action.

This isn't about resisting the urge, but redirecting the energy.

For example, if stress is your cue, instead of heading to the pantry, you might instantly put on your walking shoes and step outside for a 5 minute walk, or call a specific friend designated for support.

The key is to make the new action distinct and immediate, creating a "speed bump" in the habit loop before the routine takes hold. Build a "distraction toolkit" of preplanned, non-food activities for various cues.

Some examples of mine to view:

- 1) [Urge jar](#)
- 2) [Hard lemon candy](#)
- 3) [Burpees](#)

2

Cue Identification

Become a meticulous detective of your own binge patterns. Don't just generally know you "binge when stressed"; delve deeper to learn when an urge is coming, or going to come.

Track the precise **when** (e.g., 3 PM after work, late at night alone), **where** (e.g., in front of the TV, in the car), and **what you're feeling** (e.g., boredom, anxiety, loneliness, anger, overwhelm) just before binge episodes.

Use a journal or a simple note on your phone. Most people are surprised to find they have a finite number of unique cues. Identifying these specific triggers empowers you to create targeted strategies, rather than feeling overwhelmed by a vague "lack of willpower."

This is where you can use tools like an [icepack](#) as a strategy when you recognise it's an urge, not actual hunger.

3

Reward Replacement

Every binge serves an underlying emotional purpose, it provides a reward. This isn't the taste of the food, but the temporary comfort, numbing, escape, or excitement it offers.

To break the loop, you either must collapse the loop, or find healthier, equally satisfying, alternative ways to achieve that exact emotional reward.

If binges bring comfort, explore a warm shower or listening to calming music. If binges offer an escape from difficult emotions, try engaging in a captivating hobby, practicing deep breathing, or journaling.

The replacement must genuinely satisfy the same deep need that the binge currently fulfills.

Prepare these alternatives in advance and practice them during calm moments to build their effectiveness.

✔ Pattern Interrupt Worksheet

Complete this during a calm moment: "When I feel **[specific cue, e.g., overwhelming stress after a difficult meeting]**, instead of eating, I will **[specific alternative action, e.g., step outside for 5 deep breaths and listen to a favorite song]** to achieve **[the same emotional reward, e.g., a sense of calm and a brief mental break]**." Practice this new response daily, even when not triggered, to build new neural pathways.

Tool Two: Understanding Your Upper and Lower Brain

One of the most liberating concepts in binge eating recovery is understanding that you have two distinct brain systems operating simultaneously. This neurological reality explains why you can simultaneously want to stop binge eating whilst feeling powerless to control it.

Your Upper Brain (Prefrontal Cortex)

- Logical thinking and planning
- Long term goal setting
- Impulse control and decision making
- Language and complex reasoning
- Values based choices

This is the part of you that wants recovery, makes meal plans, and feels determined to change. It's wise, rational, and has your best interests at heart.

Your Lower Brain (Limbic System)

- Survival instincts and immediate safety
- Emotional responses and fight/flight
- Habit execution and automatic behaviours
- Pleasure seeking and pain avoidance
- Food scarcity protection

This ancient system prioritises immediate survival over long term wellbeing. It interprets food restriction as famine and triggers binge behaviours to protect you from starvation.

Understanding this isn't about blame. It's about strategy. When your lower brain is activated (through restriction, stress, or certain environments), it literally hijacks your upper brain's rational decisionmaking capacity. Recovery involves learning to recognise when each system is driving your behaviour and developing techniques to support your upper brain's leadership.

Three Upper Brain Techniques for Recovery



Name Your Lower Brain

Give your lower brain a name (like "Panic Pat" or "Scarcity Sam") and speak to it directly during urges. "I hear you, Panic Pat. You're trying to protect me, but I've got this handled." This creates separation between you and the urge.

Practice: Each time an urge arises, consciously address your lower brain by its chosen name, using a compassionate but firm tone. For example, "Not now, Panic Pat. I'm choosing a different path."



The STOP Technique

Stop what you're doing. **Take** a breath. **Observe** what's happening in your body and mind. **Proceed** with intention. This four step process activates your upper brain and creates space between stimulus and response.

Practice: Use STOP for minor annoyances throughout the day to build the neural pathway before you need it for food urges.



The 80/20 Technique

Teach your lower brain that there is no scarcity and therefore no need for restriction. The 80/20 technique promotes balance by aiming for nourishing, whole foods 80% of the time, while allowing for flexibility and inclusion of all foods, including less nutrient dense foods, 20% of the time. This eliminates the "all or nothing" mentality that often triggers the lower brain's fear response.

Practice: Instead of aiming for perfect eating, intentionally incorporate a small amount of a previously "forbidden" food into your week. This shows your lower brain that all foods can fit and reduces its perception of threat.



Lower Brain Naming Worksheet

Your lower brain's name: _____

What it sounds like during urges: _____

Your compassionate response: "Thank you [name] for trying to protect me. Right now, I choose to..."

Practice this dialogue daily until it becomes natural during challenging moments.

Tool Three: Mindfulness and Present Moment Awareness

Mindfulness isn't about emptying your mind or achieving perfect zen; it's about cultivating a specific kind of awareness - paying attention to the present moment, on purpose, and without judgment. For binge eating recovery, this skill is revolutionary because it creates a vital pause between the intense urge and the automatic reaction, allowing you to choose a different path.

Think about most binge episodes: they often occur on autopilot, a blur of consumption detached from hunger cues or satisfaction. You're eating to escape uncomfortable emotions or mental chatter, not truly savoring the food or nourishing your body. Mindfulness pulls you out of this unconscious cycle, tuning you back into your body's signals and helping you clearly distinguish between genuine physical hunger and deceptive emotional hunger.

Research consistently shows that mindfulness based approaches significantly reduce both the frequency and severity of binge eating. This is because binges thrive in moments of inattention and reactivity. When you bring conscious awareness to each moment, you gain the power to recognize early warning signs, notice when food stops being satisfying, and identify emotional triggers before they escalate into overwhelming urges.

The goal isn't to eliminate urges entirely, but to fundamentally change your relationship with them. Instead of being hijacked by an urge, you learn to observe it as transient information about your internal state. This shift empowers you to respond with wisdom and self compassion, rather than falling back into old, reactive patterns. In the following sections, we'll explore specific, practical techniques to cultivate this present moment awareness and build your resilience against binge urges.



Three Mindfulness Techniques for Recovery

1

The Sit Down Rule

Every time you eat, sit down at a table without distractions. This simple rule interrupts unconscious eating patterns and brings awareness to the eating experience. It's impossible to binge mindfully when you're truly present to the process.

- No phones, TV, or reading while eating
- Notice the first three bites fully
- Pause halfway through to check in with hunger

2

Opposite Hand Eating

When you feel the urge to eat emotionally, or quickly, switch to your non dominant hand. This forces you to slow down and brings consciousness to an unconscious process. Most people discover the urge diminishes when they can't eat on autopilot.

- Start with just the first five bites
- Switch to non dominant hand with sweet foods, or foods that you typically find hard to not over eat on
- Notice how your body responds to the slower pace

3

No Screen Eating Windows

Designate specific meals or snacks as completely screen free. This is an opportunity to reconnect with your body's hunger and fullness signals, which get disrupted when your attention is divided.

- Start with one meal per day
- Focus on taste, texture, and satisfaction
- Notice when food stops tasting as good

Mindful Eating Worksheet

Before eating, rate your hunger (1-10): ____

Emotion check-in: What am I feeling right now? ____

Intention: Why am I eating? ____

After eating, rate your satisfaction (1-10): ____

Body check-in: How does my body feel now? ____

Complete this for one meal daily to build awareness of your eating patterns.

Tool Four: The Power of Language in Recovery

The language you employ, both internally and externally, profoundly shapes your journey toward recovery from binge eating. It's not merely a descriptive tool; language actively constructs your perception of reality and reinforces the neural pathways in your brain. Continuously framing your eating behaviours through the lens of shame, self blame, or moral failure entrenches negative thought patterns, making genuine behavioural change incredibly challenging.

For instance, compare the thought "I'm so bad for eating that entire cake; I have no self control" with "I overate on cake today, which wasn't aligned with my plan." The former is an emotionally charged judgment that attacks your core identity and floods your system with shame, often leading to a downward spiral of more bingeing. The latter is a factual observation of behaviour, allowing for objective reflection, problem solving, and self compassion. This isn't about 'toxic positivity' or denying reality; it's about choosing accurate, non judgmental language that fosters a growth mindset and empowers you to learn from experiences rather than being paralyzed by self criticism.

Shame-Based Language

- "I'm so bad/weak/out of control"
- "I blew it completely"
- "I can't trust myself around food"
- "I'm addicted to food"
- "I have no willpower"

Recovery-Supporting Language

- "I'm learning new patterns"
- "That wasn't aligned with my goals"
- "I'm building trust with myself"
- "My brain is healing from restriction"
- "I'm developing new skills"

This deliberate shift in linguistic patterns isn't about ignoring or minimizing the emotional impact of binge episodes. Instead, it's a strategic intervention to cultivate the precise psychological conditions necessary for sustainable behaviour change. Shame, guilt, and self-condemnation are powerful inhibitors that shut down the brain's capacity for learning and adaptation. Conversely, an attitude of curiosity, compassion, and objective observation opens up new pathways for growth, resilience, and genuine healing.

Three Language Techniques for Recovery

1. Neutral Language Substitution

1

Consciously replace moral judgments about food and your body with factual, non emotional observations. Instead of labelling foods as inherently "junk," "clean," "good," or "bad," describe them objectively: "this food is nutrient-dense/wholesome" or "this food is less nutrient-dense/less wholesome." Shift from self criticism ("I'm so weak") to describing specific, changeable behaviours ("I ate past comfortable fullness"). This detaches self worth from eating actions, fostering growth.

Practice: For one week, catch yourself using judgmental language daily. Immediately rephrase the thought or statement neutrally. For example, if you think, "I'm such a pig for eating that," counter with, "My body experienced an urge, and I chose to eat that food. What can I learn from this?" This builds compassionate self talk.

2. Social Media Curation

2

Your social media feed powerfully influences subconscious beliefs about food and body image. Actively curate an online environment that supports recovery. Unfollow accounts promoting rigid diet culture, unrealistic transformations, or triggers. Intentionally seek and follow accounts championing body neutrality, intuitive eating, and recovery.

Action: Dedicate 15 minutes to a "social media cleanse." Unfollow accounts that make you feel inadequate, guilty, or pressured. Then, follow new accounts that inspire food freedom, self compassion, and body acceptance.

3. Recovery Affirmations

3

Develop personal, specific, and genuinely believable statements that align with your recovery goals. Craft affirmations that speak to your capacity for learning, growth, and values based choices, even in challenges. These serve as mental anchors during difficult moments.

Examples: Choose or adapt affirmations that resonate:

- "I am capable of responding with compassion to my urges, not just reacting."
- "Each meal is an opportunity to practice attunement and self trust."
- "My worth is not tied to my food choices or my body's shape."

Recite your chosen affirmations daily, especially during doubt or urges, to reinforce positive neural pathways.

✓ Language Transformation Worksheet

Shame phrase I commonly use: "I'm so fat and undisciplined."

Neutral replacement phrase: "My body is currently in a larger size, and I'm learning to make food choices that support my wellbeing."

Recovery affirmation for difficult moments: "I am learning and growing, and I choose to respond to this urge with self-compassion."

Three words to stop using, and replace with:

1. _____ replace with _____
2. _____ replace with _____
3. _____ replace with _____

Tool Five: Creating a Recovery Supporting Environment

Your environment is constantly influencing your behaviour in ways you're not consciously aware of. Research in behavioural psychology shows that environmental cues trigger automatic responses faster than conscious thought can intervene. This means that creating a recovery supporting environment isn't just helpful, it's essential for lasting change.

Environmental design for binge eating recovery involves understanding that your willpower is finite, especially when you're stressed, tired, or emotionally triggered. Instead of relying on willpower to resist environmental cues, you modify the environment to make recovery-supporting choices easier and binge behaviours more difficult.

Environmental Triggers

- Highly processed foods at eye level
- Large serving dishes and utensils
- Eating in front of screens
- Chaotic or stressful eating spaces
- Foods purchased for "special occasions" that sit waiting

Modifications

- Nutritious foods prominently displayed
- Smaller plates and serving sizes
- Designated calm eating spaces
- Organised, peaceful kitchen environment
- Foods portioned into appropriate serving sizes

This isn't about restriction, it's about intention. You're not removing foods forever; you're creating friction around automatic behaviours whilst making mindful choices easier. The goal is to interrupt unconscious patterns and create space for conscious decision making.

Three Environmental Techniques for Recovery



Strategic Food Placement

Place foods that support your recovery goals at eye level in your fridge and cupboards. Store trigger foods in less accessible places - not to restrict them completely, but to create a pause between impulse and action. This fraction of a second allows your upper brain to engage.

Implementation: Spend 20 minutes reorganising your kitchen with recovery supporting foods in prime real estate locations.



Individual Portion Preparation

When you bring groceries home, immediately portion trigger foods into individual servings. This isn't restriction, it's preparation. When emotional eating urges arise, you can honour them whilst maintaining awareness of portions.

Tip: Include a variety of foods you enjoy. Follow to the 80/20 rule mentioned above daily. The goal is mindful consumption, not deprivation.



Designated Eating Spaces

Create specific areas in your home where eating happens, ideally at a table without distractions. This environmental cue helps your brain associate eating with mindfulness and presence rather than unconscious consumption.

Benefits: Reduces unconscious snacking, improves digestion, and strengthens the connection between hunger and satisfaction.



Environment Assessment Worksheet

Current environmental triggers in my kitchen:

1. _____
2. _____
3. _____

Three changes I will make this week:

1. _____
2. _____
3. _____

My designated eating space will be: _____

When I eat here, I commit to: _____

Integration: Bringing the Tools Together for Lasting Recovery

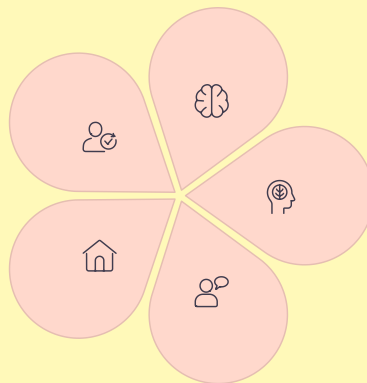
Recovery from binge eating isn't about perfectly mastering a single technique; it's about building a comprehensive toolbox of strategies, each designed to address different facets of the binge eating cycle. These five powerful tools work synergistically, providing a flexible and robust framework for creating lasting change and true food freedom.

Habit Loops: Deconstructing Your Patterns

By understanding your unique triggers, ingrained routines, and the underlying rewards you seek, you gain the power to interrupt the binge cycle. Techniques pattern interrupts and conscious alternatives enable you to replace automatic reactions with intentional, recovery aligned behaviors.

Environment: Designing for Success

Your surroundings are a powerful determinant of your behaviour. By strategically placing recovery supporting foods, portioning trigger foods, and establishing designated mindful eating spaces, you proactively reduce environmental triggers and make healthy choices easier, lessening the reliance on willpower.



Upper/Lower Brain: Navigating Internal Conflict

This tool equips you to differentiate between the impulsive urges of your lower brain and the wise, long term perspective of your upper brain. By "naming your lower brain," pausing before reacting, and conducting a values check, you empower your rational mind to guide your choices, even amidst intense cravings.

Mindfulness: Cultivating Present Moment Awareness

Mindfulness practices, such as the body scan for hunger and fullness and mindful eating exercises, help you reconnect with your body's signals and observe urges without judgment. This non-judgmental awareness allows you to respond thoughtfully rather than react compulsively, fostering a deeper connection to your inner wisdom.

Language: Reshaping Your Inner Dialogue

Your internal and external language profoundly impacts your recovery. Through "word switches," unfollowing toxic social media accounts, and crafting powerful recovery affirmations, you cultivate self-compassion, dismantle shame, and reinforce a positive narrative that supports your journey to freedom.

Some days, you might feel an intense urge while watching TV; here, a "pause" (Upper/Lower Brain) combined with moving to your "designated eating space" (Environment) and practicing "mindful eating" (Mindfulness) will be most effective. Other times, after a stressful day, you might automatically reach for a specific food; this is when identifying the "habit loop" and using a "word switch" (Language) to reframe your thoughts can interrupt the pattern. The key is developing fluency with all five tools so you can respond flexibly and strategically to different situations and challenges, rather than defaulting to old patterns.

Remember: recovery is not linear. There will be difficult days when old patterns resurface, or you may experience a slip. This doesn't mean the tools aren't working. It means you're human, and lasting change takes time and consistent effort. Each time you consciously choose to use a tool, even imperfectly, you're strengthening the neural pathways that support your freedom from binge eating and building an unbreakable foundation for sustainable wellbeing.

Weekly Recovery Planning

Sustainable recovery requires intentional planning and regular self assessment. This weekly planning template helps you implement the five tools systematically whilst tracking your progress and identifying areas that need additional support.

Monday Focus	Habit Loop awareness - identify three triggers that occurred over the weekend
Tuesday Focus	Upper/Lower Brain check in - practice naming your lower brain during minor stresses
Wednesday Focus	Mindfulness practice - implement one mindful eating technique for each meal
Thursday Focus	Language assessment - catch and reframe negative self talk three times
Friday Focus	Environment review - make one modification to support weekend success
Weekend Focus	Integration practice - use multiple tools together during challenging moments
Sunday Reflection	Assess the week without judgement and set intentions for the upcoming week

This structure ensures you're practicing all five tools regularly whilst preventing overwhelm by focusing on one primary tool each day. Consistency with small actions creates more lasting change than sporadic intense efforts.

 **Weekly Wins Tracker:** Each day, note one moment where you used a recovery tool successfully, no matter how small. Building awareness of your successes trains your brain to notice progress and builds confidence in your ability to change.

Overcoming Common Recovery Obstacles

Every person in recovery encounters predictable challenges that can feel overwhelming without proper preparation. Understanding these obstacles and having specific strategies reduces their power and helps you maintain momentum during difficult periods.

All-or-Nothing Thinking

The Obstacle: Believing that one binge episode means you've "failed" and should abandon your recovery efforts.

The Reality: Recovery includes setbacks. Each time you return to using your tools after a difficult moment, you're strengthening your recovery, not failing at it.

The Strategy: Develop a "return protocol" - specific actions you take after challenging episodes that help you reconnect with your recovery tools rather than spiralling into shame.

Social Pressure

The Obstacle: Family, friends, or colleagues who comment on your eating, encourage dieting, or don't understand your recovery approach.

The Reality: Others' discomfort with your changing relationship with food often reflects their own relationship with food, not your progress.

The Strategy: Prepare specific responses to common comments. "I'm focusing on listening to my body" or "I'm working with a professional on my relationship with food" can redirect conversations.

Perfectionism

The Obstacle: Expecting to implement all five tools perfectly immediately and becoming discouraged when you struggle.

The Reality: Perfectionism is often what drove the restriction that led to binge eating in the first place. Recovery requires practicing imperfection.

The Strategy: Celebrate "good enough" efforts. Using a tool imperfectly is infinitely better than not using it at all. Progress, not perfection, is the goal.

Remember that obstacles are not evidence that recovery isn't possible for you. They're normal parts of the process that every person in recovery navigates. Having strategies prepared reduces their impact and helps you maintain perspective during challenging moments.

Personal Recovery Reflection

Reflection is a powerful tool for deepening self-awareness and reinforcing the changes you're making. Use these prompts weekly to track your progress, identify patterns, and celebrate your growth. Remember, there are no right or wrong answers, only opportunities for greater understanding.

Weekly Reflection Prompts

This week, I felt most proud of myself when:

The tool that felt most helpful this week was: _____ because:

I noticed I struggle most with recovery when:

One thing I learned about myself this week:

If I could give my past self (from one week ago) advice, it would be:

Next week, I want to focus on:

One way I showed myself compassion this week:

Consider keeping these reflections in a dedicated journal or digital document. Over time, you'll be able to look back and see patterns of growth that might not be visible day to day. Recovery progress often happens in ways that are more subtle than dramatic, and regular reflection helps you recognise and appreciate these changes.

Your Next Steps: Working Together Towards Freedom

You now have five powerful tools for overcoming over eating and binge eating disorder, along with specific techniques and worksheets to support your implementation. But reading about recovery and living recovery are different experiences.

If you're ready to transform these concepts into lasting change with personalised support, I'm here to guide you.

Nutrition Coaching

Heal your relationship with food through personalised planning, nutritional rehabilitation, and gentle guidance away from diet mentality. Together, we'll rebuild trust with your body's hunger and fullness signals.

- Initial consultation video call
- Weekly online video check ins and personalised feedback
- Monthly video call
- Ongoing assessments and education on your nutritional needs and requirements
- Tailored techniques to create better habits and behaviours around food, nutrition and training
- Advice on training/exercise loads and protocols
- Access to Whats App support and feedback
- Discount to all seminars, e books and merchandise
- Membership to the MMM website and online members community and events
- Exclusive access to MMM recipes, education and youtube channel
- Minimum 3 month commitment
- \$375p/mth or \$1050 up front

Behavioural Therapy

Implement the five tools from this guide with personalised support and accountability. We'll work together to identify your unique triggers and develop customised strategies for lasting recovery.

- Intensive 16 week course
- 24 weeks of coaching
- Education platform, resources, videos and custom interventions
- Initial consultation video call
- Weekly online video check ins and personalised feedback
- Weekly therapy homework and goal setting
- Individualized therapeutic interventions; trial, error and feedback frequently addressed to help achieve your goals
- Monthly video call
- Ongoing assessments and education on your nutritional needs and requirements
- Tailored techniques to create better habits and behaviours around food, nutrition and training
- Advice on training/exercise loads and protocols
- Access to community support and feedback
- Membership to the MMM website and online members community and events
- Exclusive access to MMM recipes, education and youtube channel
- Course length commitment

My approach combines evidence based techniques with deep compassion earned through personal experience. I understand the shame, the secrecy, and the exhaustion of fighting food battles every day. More importantly, I know that freedom is absolutely possible because I'm living it, my clients live it, and I want to help you live it too.

[View my services](#)

[Learn More About My Approach](#)

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1. General Advice Warning

This guide, "Break Free from Overeating, Your Step-by-Step Guide to Food Freedom," is for informational and educational purposes only. The content provided is general in nature and is not a substitute for professional medical, psychological, nutritional, or any other professional advice. You must not rely on the information in this guide as an alternative to advice from a qualified healthcare professional.

2. No Medical Advice

The information in this guide does not constitute medical advice, diagnosis, or treatment. It is not intended to replace consultation with a qualified healthcare professional, such as a doctor, registered dietitian, or therapist. You should always consult with your healthcare provider before starting any new dietary or exercise program, especially if you have a medical condition, are taking medication, or have any health concerns.

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