

Why Am I Binge Eating?

Binge eating is usually a response, not a flaw. Find your main trigger so you can change the pattern.

It's normal to fit more than one category. Start with the one that feels the most "loud" right now.

🍷 CATEGORY 1

Physical Restriction & Deprivation

When your body is under-fed or over-controlled, it rebounds with intense hunger and loss of control.

- "I go long periods without eating, then feel ravenous and end up bingeing."
- "I'm always on a diet or cutting/banning foods—and then I 'break' and overeat."
- "If I eat a 'bad' food, I think 'I've blown it' and spiral into a binge."

Reflection: Where is my body feeling under-fed or over-controlled right now?

First step: Add consistency—regular meals, legalizing fear foods, and less extreme rules.

💖 CATEGORY 2

Emotional Coping & Numbing

Food becomes a way to soothe, escape, or punish yourself when big emotions feel overwhelming.

- "I binge most when I feel stressed, rejected, ashamed, or lonely."
- "I eat to go numb, zone out, or escape my feelings."
- "I feel angry or hurt and turn it against myself with food."

Reflection: What emotion am I trying not to feel when I binge?

First step: Name the feeling, then experiment with one non-food coping tool (breath, journaling, texting a friend, movement).

⚡ CATEGORY 3

Stress, Environment & Opportunity

Certain times, places, or situations make it easier to lose control with food.

- "I binge when I finally get alone, especially at night or after work."
- "I have certain 'danger times'—like TV at night, scrolling, weekends, or driving."
- "Stressful days make me crave a binge as my way to 'turn off.'"

Reflection: When are my highest-risk times and places?

First step: Identify your 'danger windows' and create one alternate stress-release ritual for those times.

🔄 CATEGORY 4

Habit & Pleasure Seeking

Binge eating becomes a learned routine or your main source of fun and comfort.

- "I'm not even very hungry—I just automatically eat in certain situations."
- "Food is one of my main sources of pleasure or excitement."
- "Once I start, I go on autopilot until it's gone."

Reflection: Where has bingeing become a routine, not a response?

First step: Break one habit pairing (like TV + snacks) and add non-food pleasure or comfort into your week.

📖 How To Use This

Circle the category that feels most true right now (you can have more than one). Use the reflection question as a journal prompt or something to talk through with your coach/therapist. Your binge is a signal about what needs attention—physical needs, emotions, stress, or lack of non-food pleasure.

"You don't need more discipline—you need to understand what your binges are trying to tell you."