

Managing Urges in Binge Eating

Urges to binge often feel sudden and intense. They may be triggered by stress, hunger, emotion, fatigue, or changes in routine. An urge is a signal, not a command. It reflects pressure in the system, but it does not require immediate action.

Understanding Urges

An urge usually builds, peaks, and then reduces. Acting on it may provide short term relief, but it often strengthens the cycle over time. Learning to pause, even briefly, can weaken the pattern. Recognising triggers does not eliminate urges, but it increases awareness.

Common triggers include:

- Long gaps between meals
- Emotional stress
- Conflict or criticism
- Fatigue
- Unstructured time

Responding in the Moment

When an urge appears:

- Pause before acting
- Check when you last ate
- Identify what you are feeling
- Delay action by ten minutes

Delaying does not mean denying. It creates space for a decision rather than reacting automatically.

Supporting Stability

If hunger is present, eat a planned meal or snack. If emotion is high, choose a stabilising action such as stepping outside, drinking water, or contacting a supportive person. Small actions can reduce intensity. Avoid all or nothing responses. Skipping meals or planning to "start tomorrow" often increases later urges.

After the Urge

If the urge passes without binge eating, return to routine without over analysing. If binge eating occurs, avoid restriction or punishment. Resume structure at the next meal.

Personal Reflection

- When do urges most often occur?
- What usually increases their intensity?
- What action helps reduce them?
- How long can I delay before deciding?

Urges are part of the cycle, but they are temporary. Repeated pauses and consistent structure reduce their strength over time.

Disclaimer: Life in Person provides peer support services and educational resources.

We are non-clinical and do not offer medical, psychological, or therapeutic treatment.

Our programs are designed to share lived experience, practical strategies, and community connection, not to replace professional care.

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Personal Reflection

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Date

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