

What is Binge Eating?

Binge eating involves consuming a large amount of food within a short period of time while experiencing a sense of loss of control. It is not defined by the type of food eaten. It is defined by the experience of urgency, loss of control, and distress.

Common Features

- Eating more rapidly than usual
- Eating until uncomfortably full or not physically hungry
- Eating alone due to embarrassment
- Feeling guilt, shame, or distress afterwards

The frequency and intensity of binge eating varies between individuals.

Why It Is Not About Willpower

Binge eating is usually linked to:

- Restriction or irregular eating
- Emotional stress
- Habit patterns
- Environmental cues
- Cognitive rules about food

It is a behavioural and psychological pattern, not a character flaw.

The Cycle

Many people experience a repeating cycle:

- Restriction or food rules
- Urge to binge
- Loss of control episode
- Guilt or shame
- Return to restriction

Recovery Focus

Early recovery often focuses on:

- Stabilising eating structure
- Reducing restriction
- Identifying triggers
- Interrupting the cycle rather than aiming for perfection

Notes

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.

What is Binge Eating?

Personal Reflection

In the past month binge eating has occurred:

- Less than weekly
- Once or twice a week
- Three or more times a week
- Daily or nearly daily

What typically happens before an episode?

What typically happens after:

Do I restrict food, skip meals, or follow rigid food rules?

Common triggers I notice:

- Stress
- Fatigue
- Emotional Distress
- Conflict
- Relationships
- Loneliness
- Environmental
- Diet and Restriction

One pattern I have started to recognise:

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