The Hillary Tool

CATCH THE VOICE —> CREATE SPACE —> CHOOSE SAFETY

Core Healthanie Strategy

YOU ARE NOT YOUR URGES

Binge urges are a sign your nervous system is feeling unsafe or overwhelmed. They are information - not instructions.

Hillary is the voice of dysregulation, not the real you.
You can learn, listen, respond, and choose safety.
And what is safety? **Safety = not binge eating.**

YOUR STRATEGY



CATCH HILLARY

Notice when the binge eating voice shows up.
Pause and ask:
“Is this me or Hillary?”



CREATE SPACE

Separate yourself from the urge.
Instead of “I want to binge,” say
“Hillary wants me to binge.”
This creates space. You are not the urge.



TALK TO HER

Ask:
“What feels unsafe right now?”
What happened before this?
What is Hillary trying to protect me from?



EMPATHIZE

Respond with compassion, not shame.
“This makes sense Hillants wants to binge eat because…”
“Thank you Hillary for trying to protect me.”
“I definitely need support, but support is not binging.”

CHOOSE SAFETY

Ask:
“What would actually help me right now?”
Rest? A Riutal Meal? Distraction? Structure? Electroltyes?
Quiet? Movement? Connection? Tea? Calling someone?.



THIS IS DYSREGULATION, NOT FAILURE.

SAFETY FIRST, ALWAYS

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