



LEARNING (FINDING MEANING) AND LETTING GO

A binge episode can leave you feeling uncomfortable, ashamed and/or upset, but it can also be a powerful learning experience (if you are able to reflect).

Before: What seemed to trigger the episode?

Was I vulnerable?

- Too Hungry
- Too Stressed
- Overscheduled
- Too Tired

Did I have automatic negative thoughts?

Did I have unrealistic expectations?

Did I have a need that I was not willing to give myself? (such as:)

- Permission to take a break or nap
- Set limits with work, friends or family
- Permission to say "no"

During: Did You Stay Present and Connected to the Experience?

Did you taste the food with each and every bite?

Was there a point when you realized that the food didn't taste good?

After: What Could I Do Differently?

- Respect my vulnerability
- Say "no"
- Change my environment
- Get adequate sleep

Make sure I eat consistently

- _____
- _____
- _____