



Coping Strategies

2

Grab yourself a pen and paper.

1

Congratulate yourself for having the awareness to recognise you want to binge. That is a big step forward.

3

Set a timer for 5 or 10 minutes. You can use the one on your phone.

4

Take a few deep breaths, focusing on both your inhale and exhale

6

Then ask yourself: "What happened right before I wanted to binge?" and write down the answer.

5

Ask yourself: "What am I feeling?". Listen to your inner sense of wisdom and write down what it says.

7

Ask yourself: "What do I really want and need right now?"

8

"Can I give myself that in a way which doesn't cause me harm?"

9

Thank yourself

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My notes