Coping Strategies

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

2. Grab yourself a pen and paper.

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.

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

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

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.
Coping Strategies

My notes