

CHAIN OF EVENTS

Using a recent event that led to a disordered eating behaviour, write your own chain of events that led to your use of the behaviour:

Event

Thought

Feelings

Urge

Action

Now, see if you can write down the same behaviour as if the Helpful Self were in control, all the way through the action step. (*Tip: If you are struggling, imagine what someone else you know would do, or what you might tell someone else to do in the same situation*).

Event

Thought

Feelings

Urge

Action
