

The Way **Forward**

USEFUL STRATEGIES

Looking back over the sessions, what strikes you as particularly useful?

GOOD HABITS

What good habits do you use to maintain changes? What things have you learnt and used that have been the most helpful to your recovery? What helps you stay on track?

HEALTHY EATING HABITS

In what ways are you now eating that minimise the chance of your engaging in disordered eating habits and weight control behaviours? What healthy habits have you adopted and want to keep up?

BEING AWARE OF TIMES OF HIGH RISK

What are your "at risk" times? What situations make it hard to maintain changes? Identify your times of risk and write them down.

BEING AWARE OF EARLY WARNING SIGNS

To identify your own early warning signs, think about your past experiences. You may find it useful to consult the records in your food logs. What situations or thoughts preceded an unwanted behaviour? Could these be your early warning signs? What thoughts and behaviours signal or trigger your problems? When are these warning signs most likely to occur?

COMBATING WARNING SIGNS

What will you do to combat your early warning signs? Develop your plan for dealing with these thoughts and behaviours.

DEALING WITH SETBACKS

Take some time to consider how you would deal with a setback. What would you do? How would you handle the situation?
