



PATHWAYS TO RECOVERY

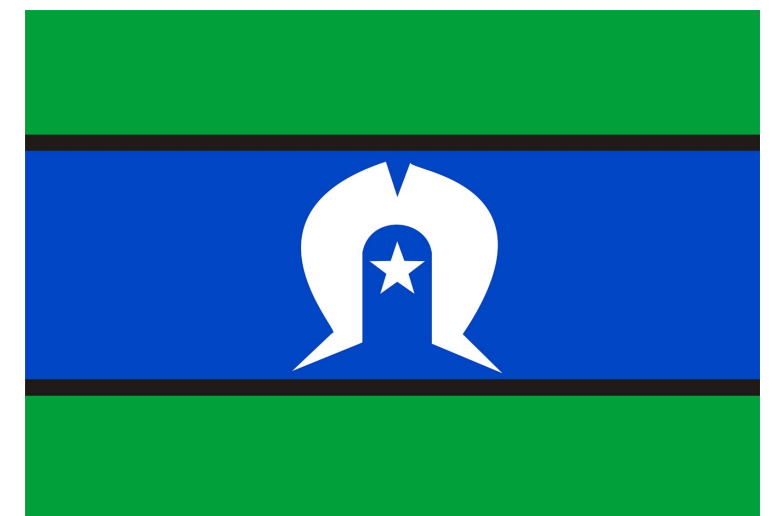
Week 4

CHAIN OF EVENTS • BUTTERFLY FOUNDATION

Acknowledgement of country

We acknowledge the Traditional Owners of the Country from which we connect today, and extend our acknowledgement and respect to all Aboriginal and Torres Strait Islander cultures across Australia.

Butterfly recognises Aboriginal & Torres Strait Islander Peoples' continuing connection to the land, and pay respect to all Elders - past, present and emerging. We celebrate Aboriginal and Torres Strait Islander cultures and knowledges which strengthen and enrich the heritage of all Australians, in particular within the mental health space.



Our weekly group guidelines



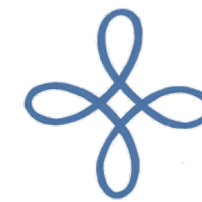
Be on time.

Our groups start strictly to time.



Respect differences.

Try to focus on similarities



Recovery focused.

Encourage one another toward hope



What we say here, stays here.

Maintain confidentiality



Avoid advice giving.

Try to just listen



Avoid triggering.

Do not refer detailed ED behaviours



Taking turns.

Be mindful of the length of time you speak



Keep camera on.

Respect the comfortability of everyone



Stay present.

Try not to multitask.
Stay engaged

Keeping others safe when sharing your lived experience with safe language

Avoid sharing details about specific ED behaviours

"Engaged in X activity X times a day"
"Purged X times a week"
"Weighed myself X times a day"
"Consumed X calories"

Don't include measurements and metrics

Weight
Calorie intake/outtake
BMI
Waist/body measurements

Avoid words that can carry judgement

Avoid words such as "skinny", "obese" or "thin"
Opt for words and phrases such as "living in a smaller/larger body"

Be mindful of stigmatising language

The word 'sufferer' sometimes implies 'victim' in the minds of many people

Avoid sharing anything you think someone with an ED would copy or compare themselves to

Safety Measures

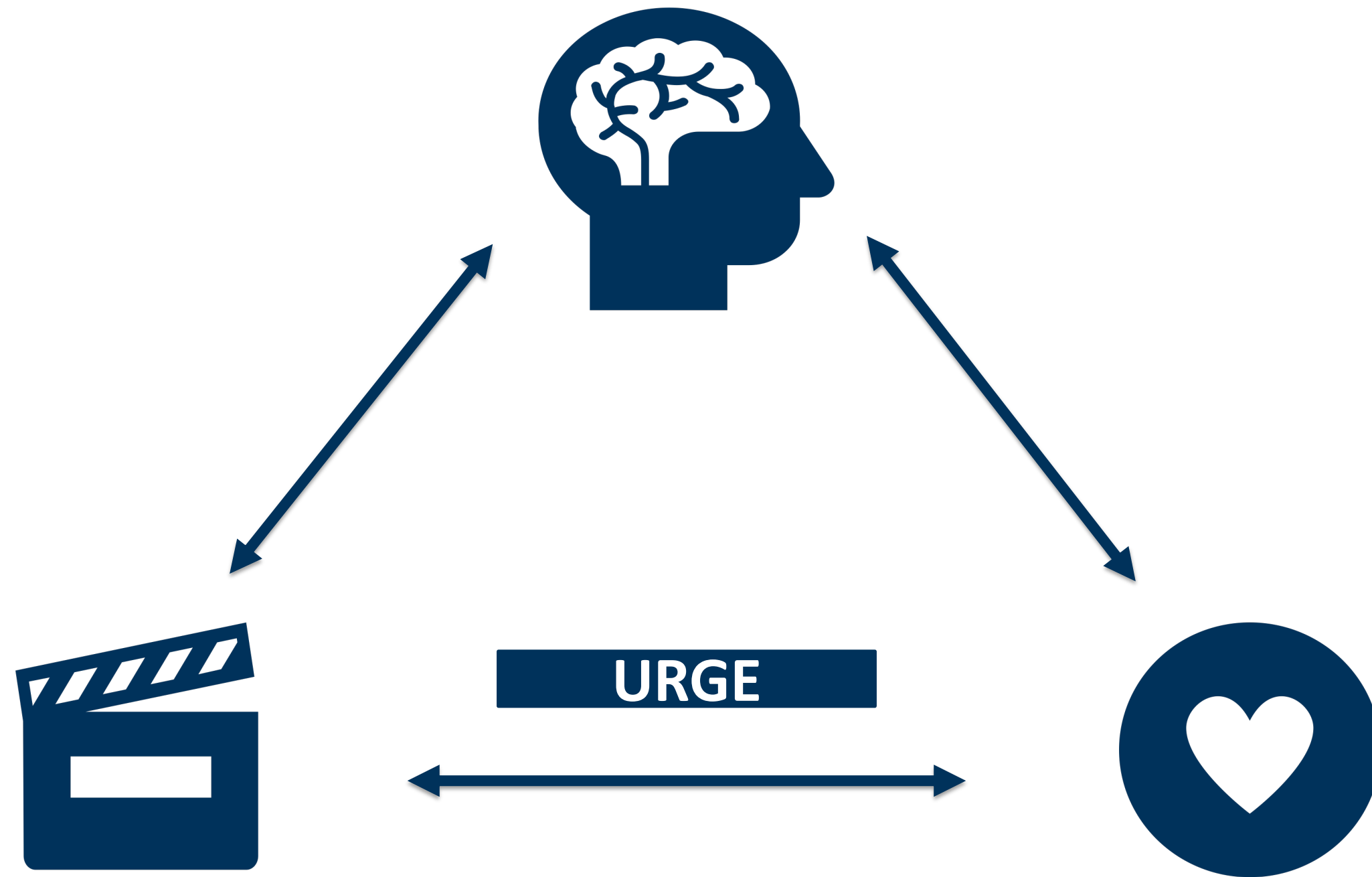
- Use your breath and try to self-soothe, if possible staying in the group on Zoom.
- If you need some time off, please let us know in the chat and turn your camera off.
- If you feel you need extra support, send a private chat message to the co-facilitator.



Chain of events Week 4

- The Chain-Thought/Emotion/Urge/Action
- Thought Defusion
- Emotion Wheel & Emotional Regulation
- Urge Surfing
- Chain of Events Worksheet
- Mindfulness Practice – Noticing Self

The Chain: thought/ emotion/ urge/ action



Thought defusion

- Negative thoughts are a normal part of the human experience
- Trying to fight or ignore troubling thoughts all the time can feel exhausting
- Thought defusion aims to create space between ourselves and our thoughts
- Having space between our thoughts empowers us with choice

PRACTICE

1. "I'm having a thought that..."
2. The mind as a story-telling machine
3. Thoughts are not "causes"

Emotion regulation

What makes it hard to regulate emotions?

- Biology
- Lack of skill
- Reinforcement of emotional behaviour
- Moodiness
- Emotional overload
- Emotion myths

What do emotions do for you?

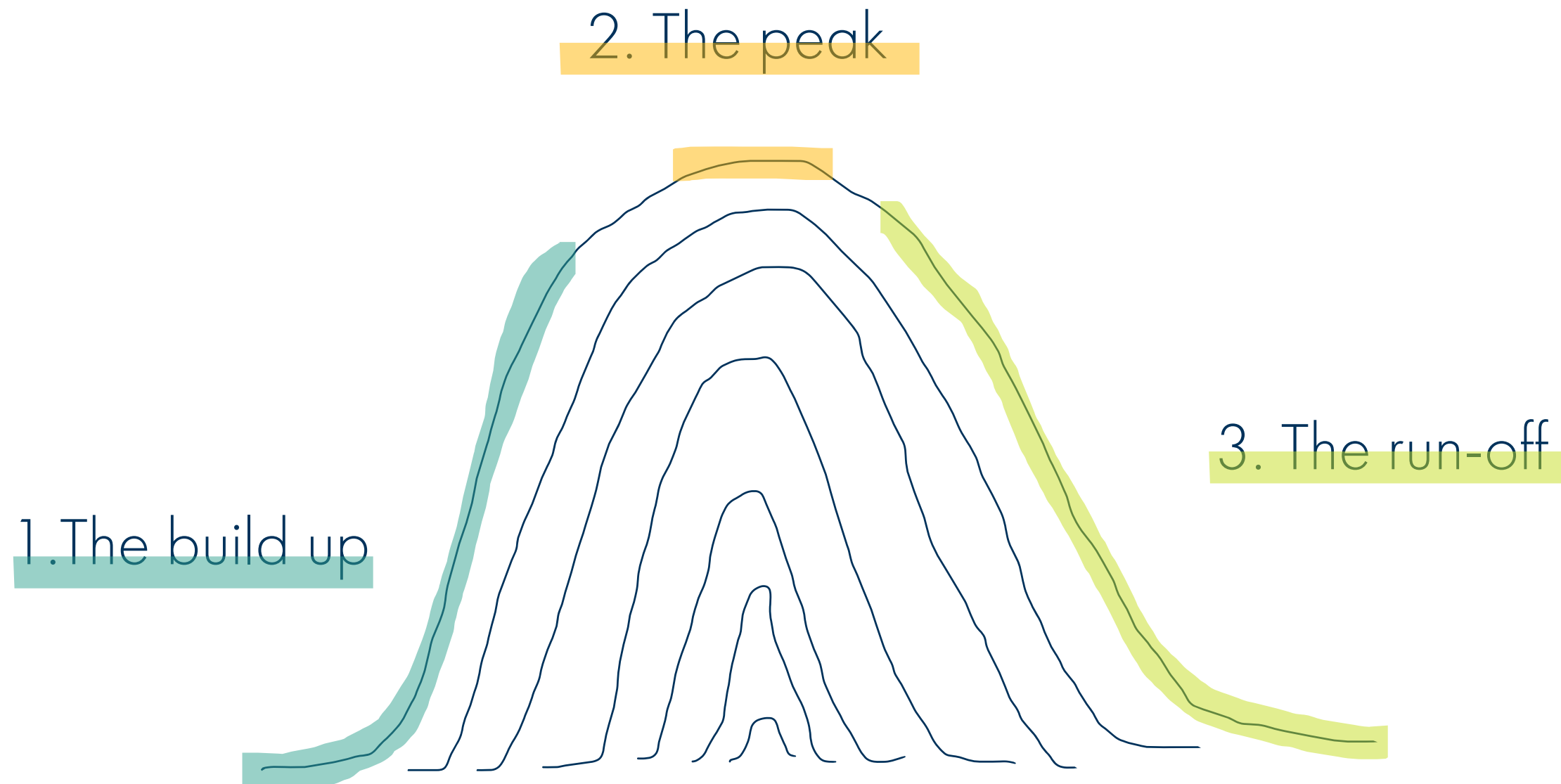
- Motivate us for action
- Communicate to & influence others
- Communicate to ourselves

Goals of emotion regulation

- Understand & name your own emotions
- Decrease the intensity of challenging emotions
- Decrease emotional vulnerability
- Decrease emotional suffering

Urge surfing

Three phases of every urge



The more often you can 'surf the urge' and not engage in the ED behaviours, over time, the urge intensity can decrease

Chain of events Worksheet

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. Then rewrite the chain of events from the perspective of your helpful self.

Event

Thought

Emotions/feelings

Urge

Action

Opportunity to practice Noticing our thoughts



Intention for the week ahead