



DISCOVER



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 breathes. 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?"

DISCOVER

Thank yourself





#reflect

my notes