

Preparing for Christmas Dinner

IN BINGE EATING RECOVERY

- IDENTIFY SUPPORT PERSON
- DRINKING IN MODERATION
- PLAN FOR TIRCKY COMMENTS
- MEAL TIME DISTRACITON
- STICK TO REGULAR EATING
- PLAN ACTIVITIES POST MEALS
- PLAN WHAT I WILL EAT ON THE DAY
- NOTICE DIFFICULT THOUGHTS (DON'T BATTLE THEM)
- CHOOSE FOODS I ENJOY
- URGE SURFING
- AVOID FOOD RULES
- DON'T WEIGH MYSELF EXCESSIVELY
- CONSIDER SKIPPING 'BINGE FOODS'
- TAKE TIME FOR MYSELF

BEAT HELPLINE:

0 8 0 8 8 0 1 0 6 7 7

Chalk Hill Psychology

Eating Disorder
Recovery