

# Chaining

Chaining is an exercise that enables you to take complex behaviors and break them down into a series of links in order to better understand why you ended up making the choices you did. Each link in the chain sets the occasion for the next to take place. Every time you eat off plan or find yourself overeating, chain back through the links you missed that would have broken the chain that led to your unwanted behavior. It will help you better understand how your behaviors occur and the actions you can take to stop them. The following template will get you started.

1. How did I go off plan? What happened?

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2. What was I thinking just before making the decision to go off plan?

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3. What was I feeling at the time?

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4. Build 5 chains (actions) that could have changed the outcome. (List things you could have done differently, no matter how small, to change the outcome. For example; pushing the bread basket to the opposite end of the table so you can't reach it, or ordering sparkling water with lime instead of wine).

1. 

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2. 

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3. 

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4. 

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5. 

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5. What will I commit to doing differently next time?

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