

My Overeating History

Think of 3 different times you can clearly recall where you binged or overate.

1. _____
2. _____
3. _____

For each situation, answer the following:

Situation 1

What happened? Be as specific as possible.

What people, places, things and feelings contributed to this?

Looking back, what could you have done differently to minimize the damage it cause your goals and plans?

If you had the opportunity to relive this situation, what would you do differently?



Situation 2

What happened? Be as specific as possible.

What people, places, things and feelings contributed to this?

Looking back, what could you have done differently to minimize the damage it cause your goals and plans?

If you had the opportunity to relive this situation, what would you do differently?

Situation 3

What happened? Be as specific as possible.

What people, places, things and feelings contributed to this?



Looking back, what could you have done differently to minimize the damage it cause your goals and plans?

If you had the opportunity to relive this situation, what would you do differently?

