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?

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

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

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Situation 3

What happened? Be as specific as possible.

______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

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

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

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

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