

Behaviour Awareness

Research shows that while our behaviours may seem "spur-of-the-moment" when it comes to over-eating the groundwork is laid several hours in advance by our daily rituals, habits, mindset and automatic thinking. Over-eating is simply the last link of a long chain. If you can break the first link, you'll have a much better chance of never getting to the last link.

The goal of this exercise is to build awareness of what your eating episodes have in common. Maybe it's a time of day, a situation or a type of food. Maybe it's being around someone else, being on your own or other feelings. Maybe it's a mixture of a few.

Describe in as much detail as possible what you experience or remember experiencing at each stage. Then go back and review. Look for common features and the steps you took.

This helps you build an understanding of the process, which you can then use to disrupt these patterns. For instance, if you habitually over-eat in your kitchen at 6 pm when you're stressed, then figure out strategies to deal with stressy dinner hours before it happens. If you find yourself habitually thinking thoughts like "I'm a failure" "this will make me feel better", etc. then come up with ways to respond to those thoughts before they hit you.



Behaviour Awareness

Complete this worksheet every time you have an episode of over-eating. Be honest and thorough. You are collecting data so that you can analyze your own patterns and eventually develop strategies to deal with them.

1-2 hours before

What are you doing?

What are you thinking?

What are you feeling, emotionally?

What are you feeling, physically?

Where are you?

What time is it?

Who are you with?



Behaviour Awareness

Immediately before

What are you doing?

What are you thinking?

What are you feeling, emotionally?

What are you feeling, physically?

Where are you?

Who are you with?



Behaviour Awareness

In the middle of it

What are you doing?

What are you thinking?

What are you feeling, emotionally?

What are you feeling, physically?

What are you choosing to consume?

Why are you choosing to consume this food?

Where are you?

Who are you with?



Behaviour Awareness

Afterwards

What are you doing?

What are you thinking?

What are you feeling, emotionally?

What are you feeling, physically?

Where are you?

Who are you with?

