

Before the First Compulsive Bite

Self-Examination Exercises

Changing your food behaviors

What ways do you foresee being able to deal with the behavior you no longer want to do?

What will the disease be saying to get you to change your mind?

Changing behavior #1 (outside the home?):

Changing behavior #2 (outside the home?):

Changing behavior #3 (outside the home?):

Changing behavior #4 (inside the home?):

Changing behavior #5 (inside the home?):

Changing behavior #6 (inside the home?):

Changing behavior #7 (habits, possibly specific times?):

Changing behavior #8 (habits, possibly specific times?):

Changing behavior #9 (habits, possibly specific times?):