



Before the First Compulsive Bite

Self-Examination Exercises

Examining your food behaviors

Behavior #1 (outside the home?):

Behavior #2 (outside the home?):

Behavior #3 (outside the home?):

Behavior #4 (inside the home?):

Behavior #5 (inside the home?):

Behavior #6 (inside the home?):

Behavior #7 (habits, possibly specific times?):

Behavior #8 (habits, possibly specific times?):

Behavior #9 (habits, possibly specific times?):