

# Before the First Compulsive Bite

## Self-Examination Exercises

### **Your experience during and after the craving**

Parallel universe #1 (you relapsed):

Did everything go “as planned” with respect to your actions?

Did you enjoy what you ate? Did it align with your predictions?

How are you feeling about your actions in the light of day? Does it align with your predictions from last night?

Parallel universe #2 (you continued your abstinent path):

How are you feeling about your actions in the light of day? Does it align with your predictions from last night?

Either universe:

What advice would you give your future self, based on what happened last night?