

# BINGE EATING

## SESSION 7 WORKBOOK



## Overcoming Binge Eating

### Session 7 – Body Image

**Body Image** is the perception that a person has of their physical self and the thoughts and feelings that result from that perception. These feelings can be positive, negative or both, and are influenced by individual and environmental factors.'

#### Task 1

Body image is defined by your attitude towards and your perception of your body. Attitudes may include positive and negative beliefs, which are strongly influenced by your experiences (e.g. family, friends, media places, things around us).

**Answer the following questions to help you work how you feel about your body:**

- How do I talk to myself about my body?

- What do I see when I look in the mirror?

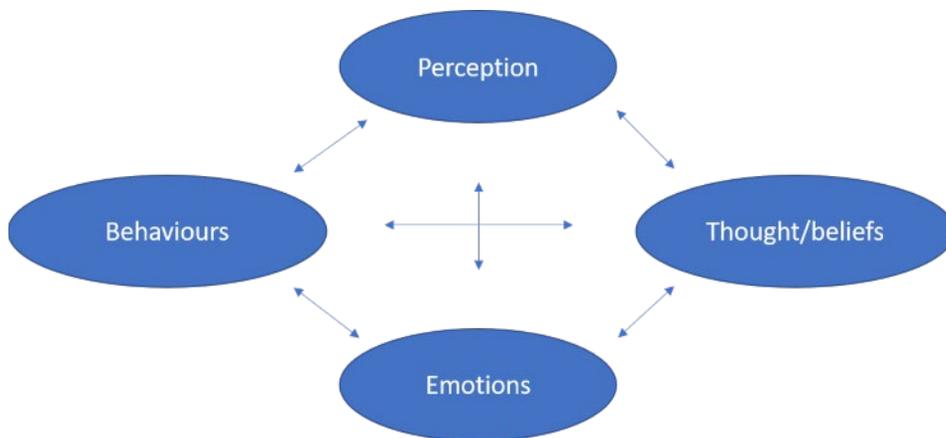
- How do I treat my body?

- Would others agree with my attitude?

- How do I experience others talking about and treating my body?

### The Four Aspects of Body Image

1. The way you see yourself (Perceptual)
2. The way you feel about the way you look (Affective)
3. The thoughts and beliefs you feel about your body (Cognitive)
4. The things you do in relation to the way you look (Behavioural)



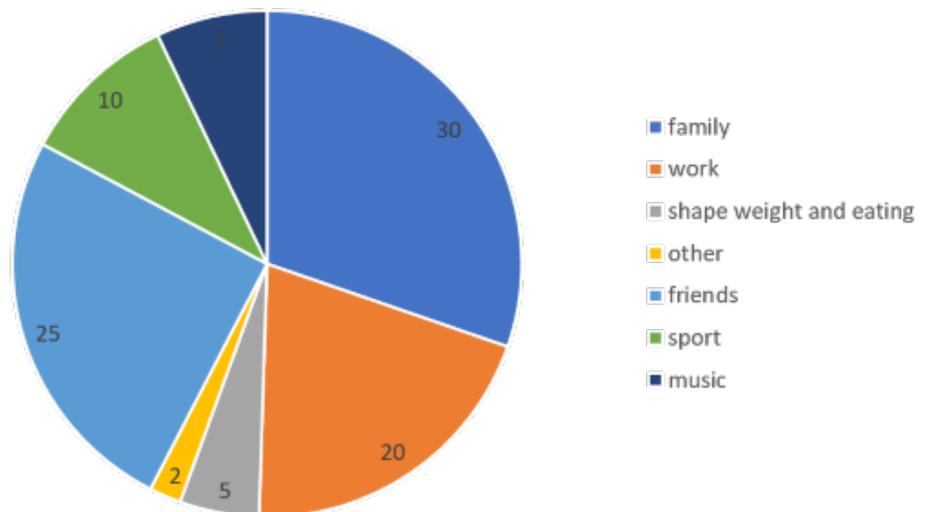
## Task 2

A good way of illustrating this is to draw a pie chart in which each slice represents an area of your life that you value ,its size being proportionate to it significance relative to other areas of your life.

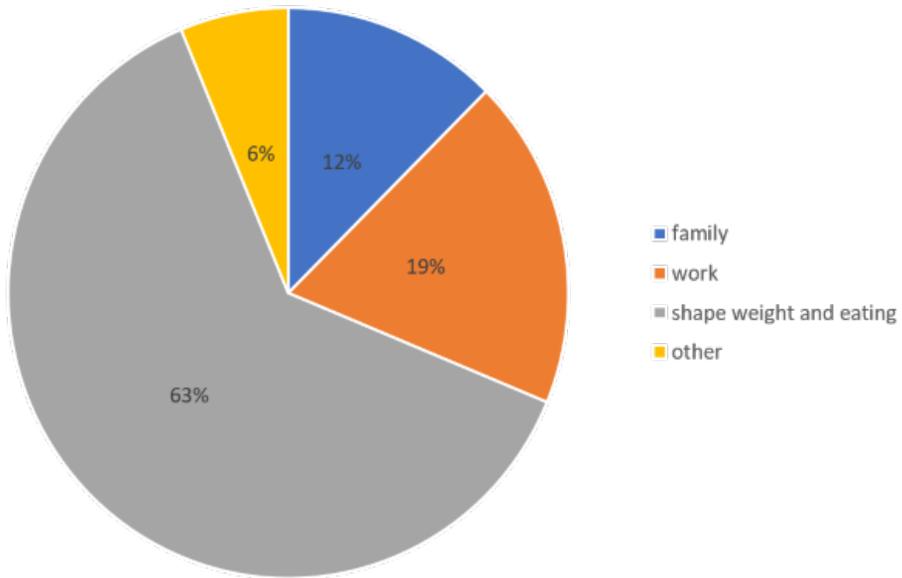
### Follow these steps

- List the things that are important to you in how you evaluate or judge yourself as a person
- Rank the items on your list in terms of their relative importance
- Draw your pie chart
- Review your pie chart several times over next week .
- Examine your pie chart and think about its implications

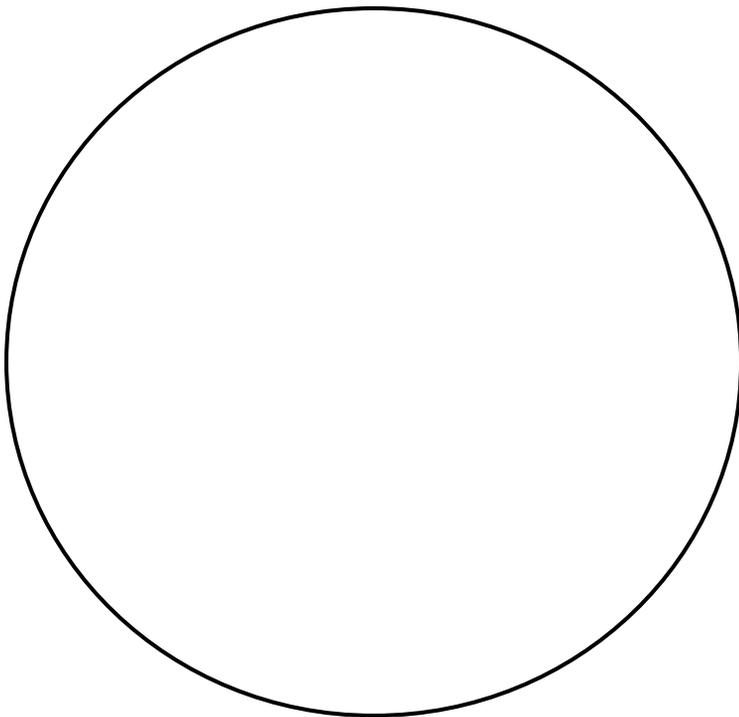
Example -Someone without Binge Eating difficulties



**Someone with Binge Eating difficulties:**



**Pie Chart**



**Can you mark down your percentages?**

- %
- %
- %
- %

## Helpful Strategies

Two strategies of reducing overconcern about weight and shape are:

### 1. Increasing the importance of other areas of your life.

Look at your pie chart –are you overconcerned with your Weight and Shape ? is this the dominant slice ? What else do you see ? Is there few other slices?

If you answered **yes** to these -This would indicate that there is not much else that you value .

*Is this right ?are you happy with this ? Is this the 'real you'?*

*If you answered **no** to these questions this indicates you need to get more in your life -*

- Identify potential new activities –Remember you list from previous session –can this list be expanded on?
- Next ,Identify one or maybe two activities you would be willing to try (important that these are not a one off event this is something that could take place weekly) .
- Commit yourself to engaging in these activities on a regular basis – be aware obstacles may get in your way however utilise your problem solving skills to overcome these –(try your new activity at least three times before trying something different) .

### 2. Decreasing the importance of shape and weight.

The best way of decreasing the importance of this is to tackle it's so called 'expressions'(these are behaviours and experiences that stem from the overconcern and maintain it ).

To begin this process it is important to think which of these behaviours and experiences are relevant to you.

The initial goal is to identify every time you do or experience the following:

- Check your body or aspect of it

- Become particularly aware of your body
- Inspect someone else's body
- Compare your body to that of others
- Avoid your body
- 'feel fat'

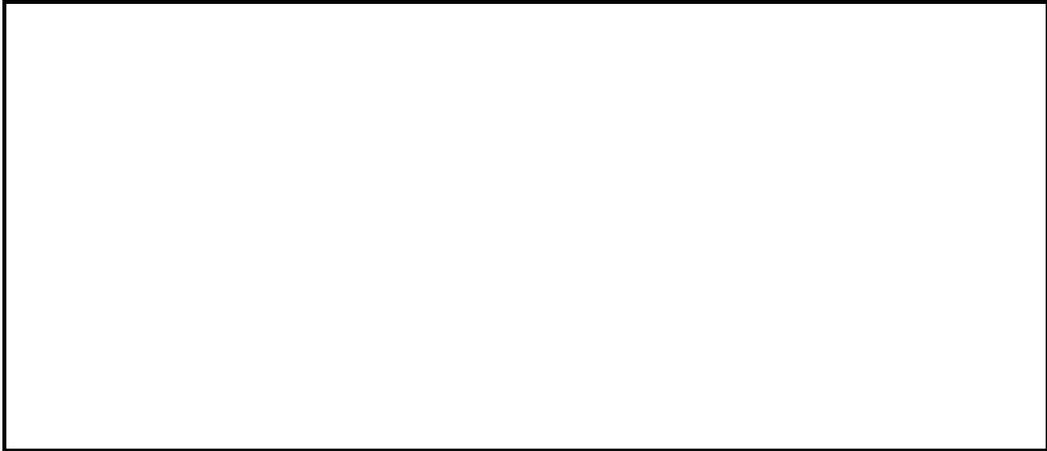
***Task – identify two days in your upcoming week to start to use this recording sheet:***

TIME	CHECKING, ETC.	PLACE	CONTEXT, THOUGHTS AND FEELINGS

## Task

***Focusing on your positive qualities, skills and talents can help you accept and appreciate your whole self.***

*Make a list of these - things that aren't related to how much you weigh or what you look like.*



**Consider the features that make other people attractive. Is it always purely their appearance? Or is it also their personality, attitude and actions?**



***One list cannot automatically tell you how to turn negative body thoughts into positive body image, but it can introduce you to healthier ways of looking at yourself and your body. The more you practice these new thought patterns, the better you will feel about who you are and the body you naturally have.***

## Homework Tasks

- Review pie chart and work on developing other areas of interest
- Monitor Body Image -*identify two days in your upcoming week to start to Record this utilising the recording sheet in your workbook*
- Continue with self-monitoring
- Exercise 3 x weekly





## SELF-MONITORING WORKSHEET

<b>TIME</b>	<b>WHAT DID YOU EAT OR DRINK? BEHAVIOUR</b>	<b>ENVIRONMENT OR SITUATION</b> WHAT WAS HAPPENING AT THE TIME? WHERE WERE YOU? WHO WERE YOU WITH?	<b>THOUGHTS</b> WHAT WAS GOING THROUGH YOUR MIND AT THE TIME?	<b>EMOTIONS</b> HOW DID YOU FEEL?



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