

BINGE EATING

SESSION 5 WORKBOOK



Overcoming Binge Eating

Session 5 – Coping with Unhelpful Thinking

Focusing on our thoughts...

Do you ever....

- *Worry about things by going over them again and again in your mind?*
- *Dwell on the negative?*
- *Criticise yourself all the time?*
- *Expect the very worst to happen and jump to the very worst conclusion about everything?*
- *Focus on what other people think of you?*

What is an unhelpful thought?

Unhelpful thoughts usually...

- Are automatic.
- Come out of nowhere but are actually based on our beliefs.
- Seem reasonable and we tend not to question them.
- *If the thoughts were true they would make most people feel upset, anxious, sad or low in mood.*



Unhelpful thoughts you may experience . . .

About yourself	About others	About the world	About the future
I am boring I am ugly I am a failure	They don't like me People are out to get me Everyone is better than me	Life is unfair The world is a horrible place	Things will never get better What is the point continuing I'm destined to fail

Unhelpful Thinking Styles

Mind Reading

Assuming you know what others are thinking e.g. "He thinks I'm a loser"



Fortune Telling

Predicting the future negatively e.g. "I'll fail that exam"



Catastrophising

Believing that what has happened or will happen will be so awful e.g. "It would be terrible if I fail"



Low frustration tolerance

Getting worked up over small issues and then giving up e.g. "It's just too hard, what's the point"



Discounting positives

Thinking that the positive things you or others do are trivial e.g. "That was easy, so it doesn't matter"



Regret orientation

Focussing on the idea that you could have done better in the past, rather on what you can do better now e.g. "I shouldn't have said that"



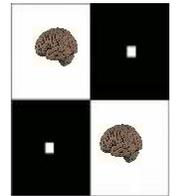
Overgeneralising

Perceiving a global pattern of negatives on the basis of a single incident e.g. "This generally happens to me"



Black or white thinking

Viewing events or people in all or nothing terms e.g. "I'm rejected by everyone"



Demands

Interpreting events in terms of how things should be or must be e.g. "I must do well; life should be fair"



Unfair Comparisons

Having unrealistic standards and comparing yourself to others e.g. "She's more successful than me"



Blaming vs personalising

Taking no responsibility and blaming others OR completely blaming yourself e.g. "The marriage ended because I failed"



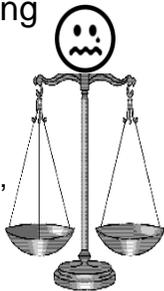
Labelling

Assigning global negative labels to yourself and others e.g. "I'm unlovable"



Emotional reasoning

Letting your feelings guide your interpretation of reality e.g. "I feel bad, therefore, my relationship isn't working out"



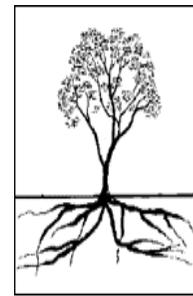
What if?

Asking a series of questions about 'what if' something happens and you fail to be satisfied with any of the answers e.g. "What if I get anxious"



Inability to disconfirm

Rejecting any evidence as irrelevant that might contradict your negative thought e.g. "That's not the real issue, there are deeper problems"



Mental filtering

Focussing on the negatives and rarely noticing the positives e.g. "Look at all the people who don't like me"



There are many unhelpful thinking styles in Binge Eating and mood associated difficulties.

Do you identify with any of the thinking styles on the sheet previously?

Task 1

Think about a recent time when you were struggling with Binge Eating and felt anxious ,worried or low in mood .

What were you *thinking* or *saying* to yourself?

Task 2

Susan's Example

Situation - I open a packet of biscuits my visitors bought intending to eat just one, before I know it I've eaten 4 .

What may Susan be thinking ?

What would you be thinking ?

What were susans unhelpful thinking styles ?

Using thought diary this is Susan's example:

Situation	Emotions	Thought	Thought Style
Ate four biscuits	Annoyed 90% Low 90% Weak 95%	I'm useless I've got no willpower I can't control my eating I've blown it now may as well eat them all	Labelling Focusing on the negative Black and white thinking Catastrophizing

Task 3

Think back to the unhelpful thoughts you wrote down earlier.

Try to challenge these thoughts with some of the strategies mentioned and try to come to a more realistic balanced perspective.

SITUATION	
EMOTIONS	
THOUGHTS	
EVIDENCE FOR	
EVIDENCE AGAINST	
BALANCED THOUGHT	

Mindfulness

- Mindfulness is another way of disengaging from or letting go of negative thinking.
- Notice when you are automatically drifting into negative thinking then redirect your attention back to the present – ‘the here and now’.
- Take notice of your thoughts, feelings and body sensations and become aware of the sounds, smells and noises around you.

How to Practice Mindfulness

1

Take a seat. Find a place to sit that feels calm and quiet to you.

2

Set a time limit. If you're just beginning, it can help to choose a short time, such as 5 or 10 minutes.

3

Notice your body. You can sit or kneel however is comfortable for you. Just make sure you are stable and in a position, you can stay in for a while.

4

Feel your breath. Follow the sensation of your breath as it goes out and as it goes in.

5

Notice when your mind has wandered. When you get around to noticing this—in a few seconds, a minute, five minutes—simply return your attention to the breath.

6

Be kind to your wandering mind. Don't judge yourself or obsess over the content of the thoughts you find yourself lost in. Just come back.



Homework Tasks

- Practice challenging your negative thoughts.
- Give the mindfulness exercise a go
- Continue with self-monitoring
- Continue to exercise 3 x week





SELF-MONITORING WORKSHEET

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



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