

BINGE EATING

SESSION 8 WORKBOOK



Overcoming Binge Eating

Session 8 – Self Esteem/Ending Well

As human beings, we tend to place a value or a measure of worth to ourselves or aspects of ourselves.

So, self-esteem usually refers to how we view and think about ourselves and the value that we place on ourselves as a person.

If the value we place on ourselves is often negative, this is when we run into problems with Self Esteem.

It is common for people with Binge Eating difficulties to have low Self Esteem .

TASK

Have you ever been dissatisfied or unhappy with yourself ?

Describe this . . .

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Do you ever think you are . . .

	YES/NO		YES/NO		YES/NO
weak		not good enough		Inferior to other people	
stupid		flawed in some way		useless	
worthless		unattractive		unlovable	
ugly		a loser		a failure	

Everyone uses these words on themselves at times, usually when they experience a challenging or stressful situation. However, if you often think about yourself in these terms, then you might have a problem with low self-esteem.

Rule for Living

"I must/should/have to always ... or else ... ,"	e.g., "I must always be the best at everything", or "I always have to watch what I eat."
"I must/should never ... ,"	e.g., "I must never show any sign of weakness or back away from a challenge", or "I should never eat any carbohydrates."
"If ... , then ... ,"	e.g., "If I let people know the real me, they will think I'm a total loser", or "If I eat carbs, I'll get fat ."
"If I don't ... , then ... ,"	e.g., "If I don't work as hard as I possibly can, then I will not gain recognition from my boss", or "If I don't do whatever it takes to stay slim, I will never have any friends."

We might develop rules such as:

- "I must never make any mistakes."
- "I must never show any emotion in public."
- "I must never go above 55 kg."

We might also develop assumptions such as:

- "If I ask for something I need, I will be put down."
- "No matter what I do, it will never be good enough."
- "If I'm not thin, nobody will find me attractive."

Rules and assumptions can also be combined, for example:

- "I must do everything I can to gain others' approval because if I am criticised in any way, it means I am not acceptable."
- "I won't try anything unless I know that I can do it perfectly, because if I can't, it means I'm a total failure."
- "I must lose 10 kg because if I don't, I'll be fat and I'll never get a boyfriend."

Task

Let's now begin to identify what unhelpful rules and assumptions you might have developed.

When identifying your rules and assumptions, ask yourself

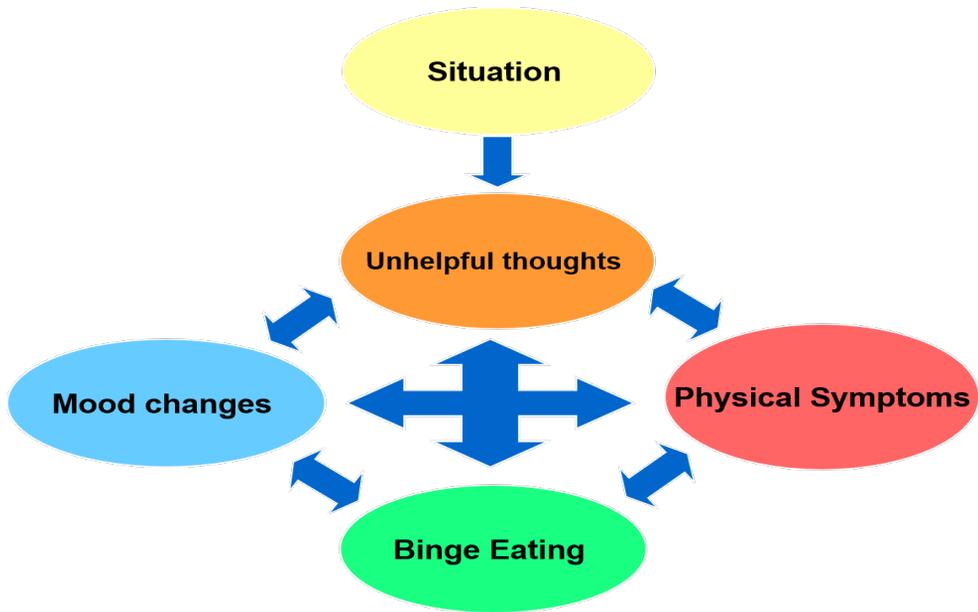
- What do I expect of myself when I am at work or college
- What standards do I expect myself to meet? What would I accept and not accept?
- What do I expect of myself when I am socialising?
- What do I expect of myself regarding weight, shape and eating?

TASK - Positive Qualities

To help you make a list of your positive qualities, ask yourself the following questions:

- What do I like about who I am?
- What characteristics do I have that are positive?
- What are some of my achievements?
- What are some challenges I have overcome?
- What are some skills or talents that I have?
- What do others say they like about me?
- What are some attributes I like in others that I also have in common with?
- If someone shared my identical characteristics, what would I admire in them?
- How might someone who cared about me describe me?
- What do I think are bad qualities that do I not have?

A Reminder of The Vicious Cycle of Binge Eating



the MORE
YOU PRACTICE
THE BETTER
YOU GET

Relapse Prevention Plan

What have I learned?

What was most useful?

What can I continue to do to prevent a setback?

What are my high risk situations of this happening?

What events / situations / triggers cause me to be more vulnerable?

What are the signs? Thoughts / feelings / behaviours

What can I do to avoid losing control? What could I do differently? What would work best? When I'm struggling or feeling bad, what could I do that will help?

What could I do if I did lose control? What has helped? What have I learned? Who can help?

Managing Setbacks

How can I make sense of this? What events / triggers led up to this setback? How did I react to this? What did I do? What did I think? What did I feel?

What have I learnt from it? Was this a high-risk situation? Are there things that I can identify are difficult? What helped and what didn't?

With hindsight, what would I do differently? When I think / feel _____ what could I do instead?

