

BINGE EATING

SESSION 6 WORKBOOK

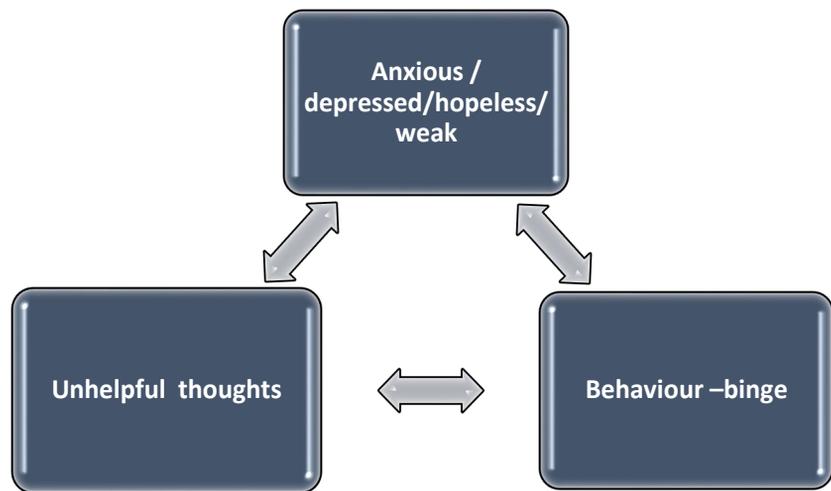


Overcoming Binge Eating

Session 6 – Coping with Emotions

Understanding our emotions . . .

What we feel is a result of what we think and how we act. It suggests that if our goal is to manage how we are feeling then we will need to make changes in our thinking and behaviour



Quick thought experiment . . .

1. Imagine you woke up one day and didn't have any emotions.
2. How would you decide what to do that day? How would you know what's important and what's not?
3. If you didn't have any emotions would it feel 'nice' to be in a warm, comfortable bed? Would you feel excited about going to work?
4. Or worried about what would happen if you didn't go?
5. What if you had managed to get up and were crossing the road – would you bother to hurry if a car was coming towards you?
6. Why bother to do anything at all?



Joy or happiness can ***motivate us*** to join in, take part, share



Fear can ***motivate us*** to get away



Sadness can ***motivate us*** to withdraw, brood, ruminate



Anger can ***motivate us*** to attack, lash out, stand up for ourselves



Guilt can ***motivate us*** to repair what we have done
Shame can ***motivate us*** to hide away, to keep things secret



Disgust can ***motivate us*** to withdraw, keep a distance, get clean



Compassion, empathy, or sympathy can ***motivate us*** to offer comfort, be with



Embarrassment or humiliation can ***motivate us*** to hide



Confusion can ***motivate us*** to check things out (or paralyze us with indecision)



Powerlessness can ***motivate us*** to give up



Indifference can ***motivate us*** to ignore



Affection can ***motivate us*** to give love, get close to

Task

It is important to understand the links between our emotions thoughts and behaviours and how this affects your ability to stick to the positive life style changes you have made .

Read statements below and tick any that you can relate to:

'When I feel down, lonely or bored I often overeat to comfort myself'

'When I feel worried or anxious I often find myself turning to food'

'When I'm nervous I often have a couple of drinks to calm myself'

'I often eat too much even when I am not hungry'

If you ticked yes to some of these statement you may have worked out food/drink does not help the problem. In fact it often adds to the problem by making you feel 'guilty' about this.

It is Important to start rating the intensity of your emotions – let try it!

0 10 20 30 40 50 60 70 80 90 100
 Feeling fine low intensity medium intensity very intense worst ever

Rating your emotions will help you see that there is a change in your feelings as this can otherwise be difficult to notice this .an example of someone who are depressed as this can often feel that you are always feeling really down.

SITUATION	RATE EMOTIONS	THOUGHT	EVIDENCE FOR	EVIDENCE AGAINST	BALANCED THOUGHT	RE-RATE EMOTIONS

Food and emotions are linked as we use food to respond to both positive and negative emotions

E.g. Celebrate after a good day /or special occasion or to feel better after a 'bad' day .

For most people is not problematic however when eating in response to emotions frequently/regularly this then can become problematic.

Short term this may offer comfort, increase in mood and distraction however maintains difficulties longer term .

Binge eating/emotional eating offer escapism from negative self-perception and emotional distress and used to 'block' out negative experiences temporarily however this is short lived as the emotions will quickly return

The Emotional Eating Cycle



Emotion	No urge ,slight urge to eat	Moderate urge to eat	Very strong urge to eat
Anxious			
Sad			
Lonely			
Tired			
Angry			
Happy			

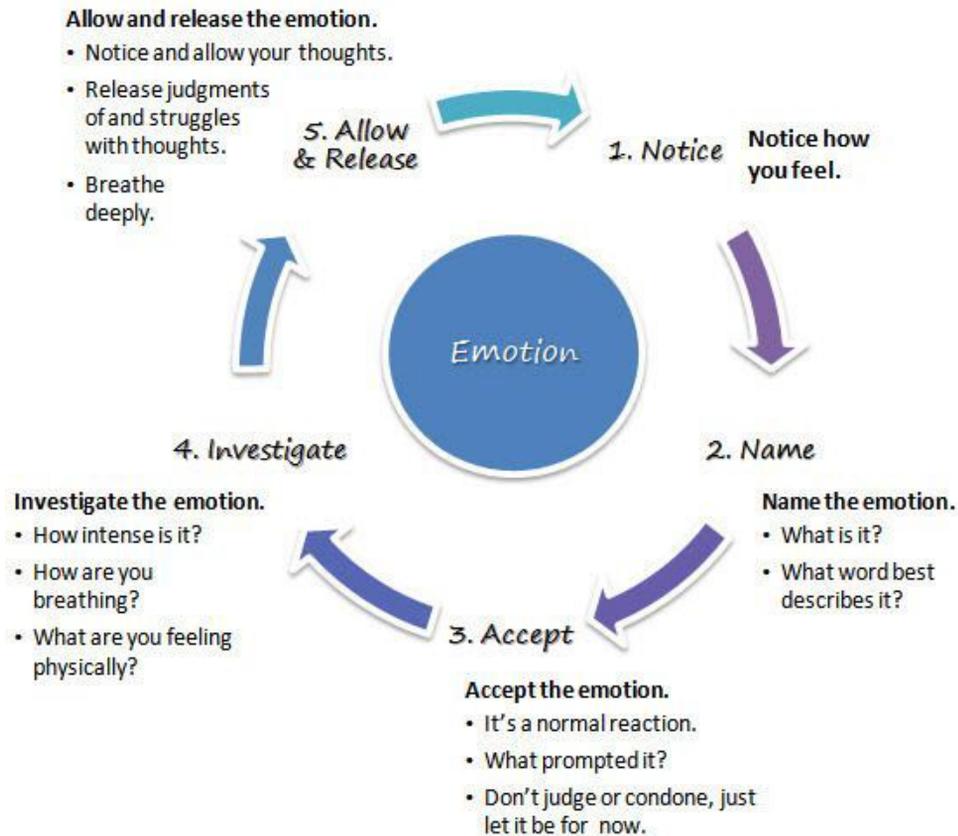
We will all experience a whole range of emotions.

Learning to recognise these different feelings, that can sometime be in conflict, can be helpful.

Learning to be compassionate to the many different emotions we can feel for the same thing and our conflicting emotions.

To recognise them as normal, but also to recognise them as being stressful and difficult.

By being more mindful of your experiences, feelings, sensations, thoughts, and behaviour, you will be more in control of your eating and less reactive and impulsive.



Task – Breathing Techniques

- Take a breath in, counting 1,2,3(slowly).
- Hold the breath, counting 1,2,3.repeating this over and over
- As you breath out your stomach should round out while your chest moves very little if at all .
- Place one hand on your stomach and one on your chest .
- Watch your hands and concentrate on making sure the hand on your stomach rises and falls as you breath slowly in and out
- The emphasis is on slow breathing, not deep or shallow .

It is important to do this for about 4 mins as this is the length of time required to regulate the right balance of oxygen and carbon dioxide back into your body .

Mindfulness

Mindfulness skills are about living with awareness. this is helpful when learning to tolerate unpleasant emotions . These are the 'what' skills of mindfulness

Observing. Notice what you are experiencing, without getting caught up in the experience. Just observe and be aware of your feelings and any physical sensations. Imagine your mind as a non-stick pan, and allow the feelings and thoughts to come (be observed) and go (slip away), like clouds in the sky or leaves floating away in a stream.

Describing. As you observe your experiences, you need to put words to them. For example, you might say in your mind, "I notice a tightness in my chest as I breathe. The thought 'I'm very tense' comes to my mind". Just notice and describe what is in your thoughts – don't get involved in the content of your thoughts.

Participating. When you do something, do it with all your attention. Don't do things on 'automatic pilot' – participate in the activity with awareness. For example, when you are vacuuming the carpet, don't start thinking about cooking dinner. Notice the sound of the vacuum cleaner, which muscles you are using. Notice your feelings and any thoughts that come to mind

These are the 'how skills of mindfulness –

Being non-judgemental. This means accepting each moment as it is, not how you think it 'should be'. It is focusing only on the facts and not assigning a 'value' or any 'worth', not saying something is "good" or "bad". This is hard, because we all tend to judge rather than describe things.

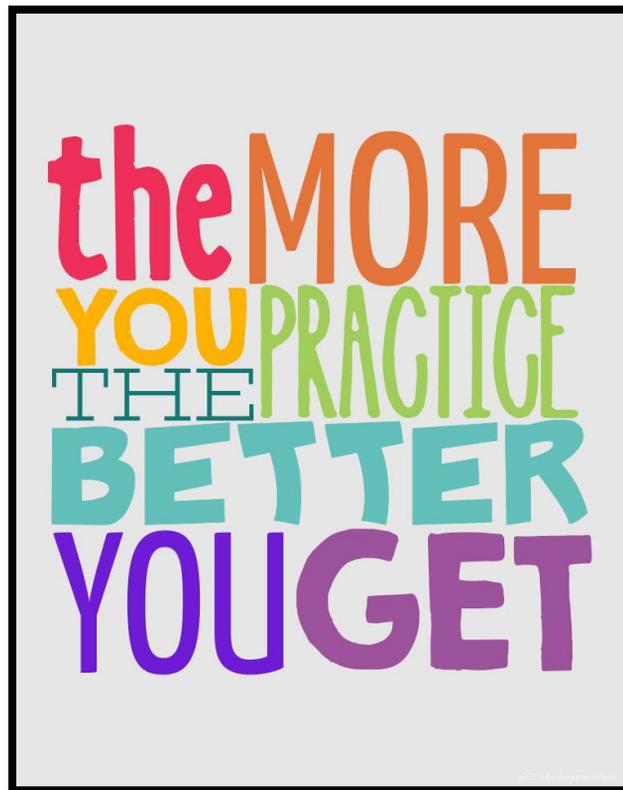
Focusing on one thing at a time. Work on doing one thing at a time! Focusing on one thing at a time means that we can give ourselves and our attention fully to that action. So, when you are walking, walk. When you are eating, eat.

Doing what is effective. This means doing only what needs to be done in whatever situation you are in. Sometimes we get caught up with doing what

we “should” do or what is “right”. Focus on your goals in the situation and do what is necessary to achieve them

Homework tasks

- Learning to identify emotions /rating these utilising thought diaries
- Practice strategies identified in this session linking this to your identified emotions/vicious cycle of binge eating .
- Continue with self-monitoring
- Exercise 3 x weekly





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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