

BINGE EATING

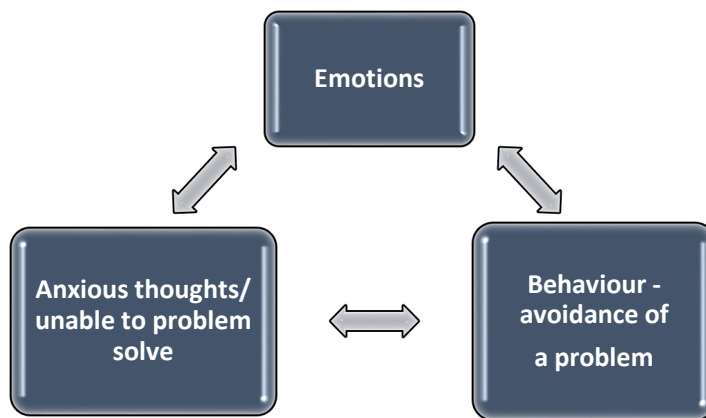
SESSION 4 WORKBOOK



OVERCOMING BINGE EATING

SESSION 4 - PROBLEM SOLVING

Maintaining cycle - When our mood low or we feel anxious this can cause negative styles of thinking which can get in the way of problem solving and result in the cycle below.



Avoidance is the substitution of behaviours that cause discomfort or distress for behaviours that bring relief from distress.

Cognitive Avoidance - Hiding from or ignoring difficult thoughts or feelings.

Behavioural Avoidance - Hiding from or refusing to engage in difficult or uncomfortable situations

Coping Behaviours - Blocking thoughts out, distracting yourself, being overactive, taking to bed, binge eating, cancelling plans, calling in sick to work, changing the subject.

Emotional Avoidance and Binge Eating

Emotional Avoidance is described as actions that are intended to prevent an emotional response from occurring, such as fear, anger or sadness. People struggling with binge eating often turn to their binge eating behaviours in an unconscious effort to try to help themselves to “feel better”.”

When Is Avoidance Unhelpful?

We try to avoid the situations, people, places and/or even thoughts, which are likely to distress us. This avoidance helps prevent us becoming distressed in the short-term, but it is one of the main factors which keeps the problem going over a long time. Avoidance also interferes greatly with our everyday lives.

In time, avoiding people can become unhelpful because it can lead to guilt, breakdown of relationships, feelings of exclusion or isolation and less positive reinforcement from the people who care about you which maintains your difficulties further. It becomes another vicious circle.



Avoidance makes our lives much more restricted, which makes us feel even worse

How to overcome avoidance . . .

- Remember to start off with small steps.
- Gradually build up new ways to respond to difficult situations.
- Learning new skills takes time be patient with yourself

Task 1

Think of 1 avoidance behaviour relevant to you and identify when, where and often you do it.

--

Think about the emotions you might be trying to avoid.

--

List the consequences of your avoidance behaviour.

HELPFUL BEHAVIOURS	UNHELPFUL BEHAVIOURS

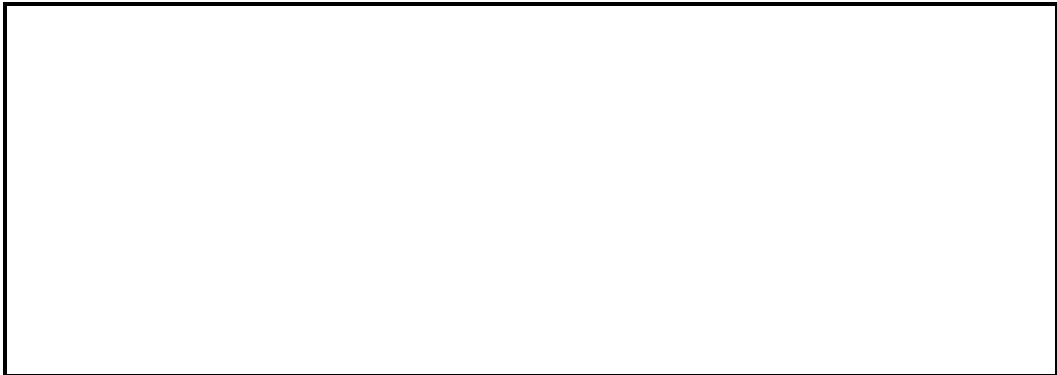
Brainstorm all possible alternatives that you can think of doing instead.



Pick one and commit to a time to try it.



Plan to put it into action by adding it into your weekly activity schedule.



Worry Vs Problem Solving

worrying can be an unhelpful and futile process, which focuses on things that haven't happened and yet doesn't produce any real solutions if they did happen



In contrast, problem-solving is a practical and helpful process, which focuses on problems at hand that need to be dealt with, by devising a clear plan to tackle them

Since worrying doesn't seem to be useful for us, it might be more helpful to learn a skill like problem-solving.

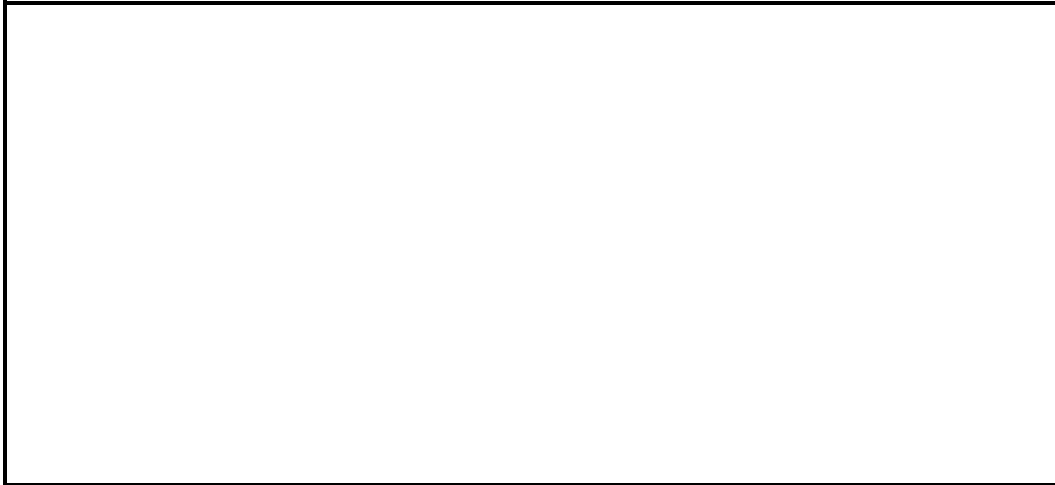
Problem Solving and Changing Habits

- ✓ Developing effective problem solving skills is paramount in overcoming Binge Eating and associated difficulties.
- ✓ Most Binges **do not occur randomly.**
- ✓ These can be triggered by unpleasant events or circumstances including problems with relationships.
- ✓ Even if your binges are not triggered by external factors developing problem solving skills is important especially in changing habits .

Task 2

Can you identify potential problems associated with overcoming your difficulties?

Make a list . . .



Problem Solving Key Points

There are 7 steps to follow:

1. Identify the problem as clearly as possible.
2. Think up as many possible solutions as you can – this is called *Brainstorming*.
3. Look at the advantages and disadvantages of each solution.
4. Pick one of the solutions.
5. Plan the steps needed to carry it out.
6. Do it.
7. Review how well it worked? If it was not helpful, pick another solution and start again

Problem Solving Worksheet

Step 1 Identify the problem: break it down into smaller steps and decide what you need to action first	
Step 2 Brainstorm and write down as many ideas as you can that might help solve the problem, no matter how silly they seem – don't dismiss any possible solutions.	
Step 3 Consider the pros and cons of each possible solution, using a separate piece of paper.	
Step 4 Choose one of the possible solutions that looks likely to work, based on the advantages and disadvantages	
Step 5 Plan out step-by-step what you need to do to carry out this solution. What? When? How? With whom or what? What could cause problems? How can you get around those problems? Is this realistic and achievable?	
Step 6	Do it! Carry out the plan
Step 7 Review how it went. Was it helpful? Did you achieve what you set out to achieve? If not, how could you have done it differently? Did you achieve any progress, however small, towards your goal? What have you learned?	
Step 8 If you achieved your goal – consider tackling the next step of your original problem. If you didn't fully achieve your goal – make adjustments to your chosen solution, or return to steps 3 and 4 and choose another possible solution.	

HOMEWORK

- ✓ Challenge avoidance behaviour
- ✓ Problem solving worksheet
- ✓ Continue with self-monitoring
- ✓ Continue to Exercise 3 x per 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?



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?