

BINGE EATING

SESSION 3 WORKBOOK



ALTERNATIVES TO BINGE EATING



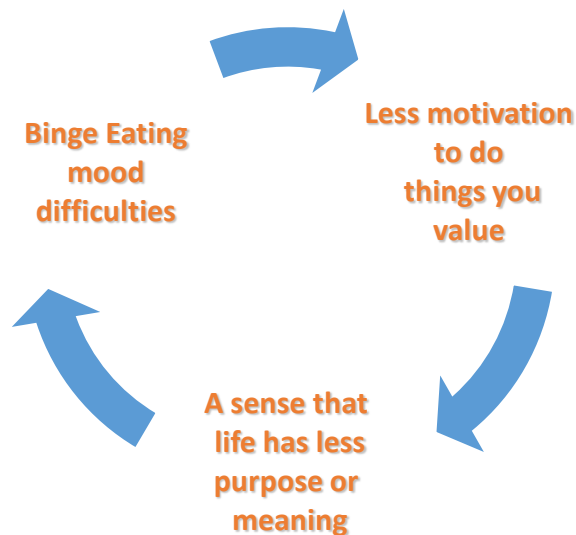
WHAT ARE VALUES?

The regard that something is held to deserve; the importance, worth, or usefulness of something.

"your support is of great value"

Principles or standards of behaviour; one's judgement of what is important in life.

WHY ARE VALUES IMPORTANT IN BINGE EATING?



To break this vicious cycle, we can start by doing more things that we value. If we are doing things that are meaningful and enjoyable to us, it will give us a sense that life has more purpose or meaning. This can help lift our mood and challenge our Binge Eating difficulties.

What values are important to you? List these below.

MAKING A COMMITMENT TO YOUR VALUES

Part of improving Binge Eating is to work out the barriers or excuses that hold us back from living up to our values.

Writing down how you plan to *commit to your values* can help you think about ways to make your life *more meaningful*.

This is a key step to improving the way you feel about your life!

This first step would be for you to commit to your goal. Write down how you will commit to your values. More guidance is in TASK 3.

UNHELPFUL BEHAVIOURS

Although we need values to guide us to helpful behaviour it is also useful to recognise our *unhelpful* behaviour

These might be things like

- Watching TV
- Eating less/more/unhealthily
- Withdrawing
- Avoiding social interaction
- Avoiding events or tasks
- Using alcohol or drugs to try and cope
- Spending more time in bed than normal

We can start to identify unhelpful automatic pilots and unhelpful habits by tracking our activity each day, for this we use an activity tracker. This will be part of your homework this week

TASK 1. VALUED LIVING QUESTIONNAIRE

Valued Living Questionnaire

Directions: Rate the importance of each component on a scale of 0 to 10, with 0 being not important

at all and 10 being extremely important. Do your best to rate them honestly, according to your own true feelings, not to what you think you should rate them.

Life Component	Not Important				Moderately				Extremely	
	At all				Important				Important	
	0	2	3	4	5	6	7	8	9	10
Family (other than romantic relationships or parenting)	0	2	3	4	5	6	7	8	9	10
Romantic Relationships (marriage, life partners, dating, and so on)	0	2	3	4	5	6	7	8	9	10
Parenting	0	2	3	4	5	6	7	8	9	10
Friends and social life	0	2	3	4	5	6	7	8	9	10
Work	0	2	3	4	5	6	7	8	9	10
Education and training	0	2	3	4	5	6	7	8	9	10
Recreation and fun	0	2	3	4	5	6	7	8	9	10
Spirituality and religion	0	2	3	4	5	6	7	8	9	10
Citizenship and community life	0	2	3	4	5	6	7	8	9	10
Self-care (exercise, diet, relaxation and so on)	0	2	3	4	5	6	7	8	9	10

Task 2. Valued Living Questionnaire

Directions: Rate the effort that you put into each component on a scale of 0 to 10, with 0 being no effort at all and 10 being extreme effort. Do your best to rate them honestly, according to your own true feelings, not to what you think you should rate them.

Life Component	No Effort		Moderate						Extreme	
	At all		Effort						Effort	
Family (other than romantic relationships or parenting)	0	2	3	4	5	6	7	8	9	10
Romantic Relationships (marriage, life partners, dating, and so on)	0	2	3	4	5	6	7	8	9	10
Parenting	0	2	3	4	5	6	7	8	9	10
Friends and social life	0	2	3	4	5	6	7	8	9	10
Work	0	2	3	4	5	6	7	8	9	10
Education and training	0	2	3	4	5	6	7	8	9	10
Recreation and fun	0	2	3	4	5	6	7	8	9	10
Spirituality and religion	0	2	3	4	5	6	7	8	9	10
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Self-care (exercise, diet, relaxation and so on)	0	2	3	4	5	6	7	8	9	10

TASK 3: MAKING A COMMITMENT TO MY VALUES

Step 1: Pick one value you feel you need to work on *e.g. friendship*

Step 2: Think about one goal that would be helpful to work on for this value and write this down.

Step 3: Think of and write down a few actions you could take to move you closer to this goal.

<i>One of my values is . . .</i>	
<i>My goal for this value is . . .</i>	
<i>Some actions I could take to move towards this goal would be . . .</i>	
<i>Are there any barriers or challenges that are stopping you living up to your values?</i>	
<i>What parts of the barrier or challenge could you take some control of?</i>	

Task 4

Write a list of activities that may be helpful in challenging urges you may experience . . .

Important tips when making you list –each activity needs to have three properties

- Is it active (e.g. it involves doing something) rather than passive (watching whatever is on TV)
- It is enjoyable (e.g. ., it doesn't feel like a chore)
- It is realistic (e.g. it is something you are likely to do .

Music can also be good strategy.it may be good to identify pieces of music you enjoy and enhances you mood .it may be helpful to create a play list to help lift you mood.

EXAMPLES

- Go for a walk around park
- Call friends/family
- Play my guitar
- Do some Sketching
- Read chapter in book
- Taking a nice bubble bath
- Write in my journal
- Do some relaxation
- Exercise

Remember this list is exhaustive, be patient with yourself, give yourself time try new things.

GOALS

**REMEMBER ITS IMPORTANT TO KEEP THESE GOALS SIMPLE TO BEGIN WITH
WORKING TOWARDS YOUR LONGER TERM GOALS.**

My goals are . . .

A large, empty rectangular box with a black border, intended for the user to write their goals.

An **Immediate Goal** (something small, simple, easy, I can do in the next 24 hours)

Short Term Goals (things I can do over the next few days and weeks)

Medium Term Goal(s) (things I can do over the next few weeks and months)

Long Term Goal(s) (things I can do over the next few months and years)

Now utilise your activity diary keeping in mind the here and the now goals identified and linking this to the “committed action” worksheet .

TASK 4: TRACK YOUR ACTIVITIES – YESTERDAY

Time	Yesterday	Today
0500 – 0700		
0700 – 0900		
0900 – 1100		
1100 – 1300		
1300 – 1500		
1500 – 1700		
1700 – 1900		
1900 – 2100		
2100 – 2300		
2300 – 0100		
0100 – 0300		
0300 – 0500		

HOMEWORK

- Start to monitor your activity utilising activity diary
- Committed action worksheet
- Continue with self-monitoring
- Exercise 3 x week

TIPS FOR BREAKING UNHELPFUL BINGE EATING CYCLE

- It can be helpful to prepare a list of things that you could do to break the unhelpful cycle.
- Activities that take you away from place you associate with bingeing
- Activities that are east to do
- Activities you enjoy /have enjoyed /or would like to try
- Activities involving your hands
- Activities that may engage your brain and require some sort of concentration
- If you still have urge to binge write down what you plan to eat in the binge ask yourself this . . .

how would I feel if I binge ?

how would I feel if I don't binge?

do I still want to go ahead with this ?



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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