

Times of high risk:	
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WARNING SIGNS & COMBATING THEM:

Early warning sign	Thought? Behaviour?	Challenge it!	Develop a plan
e.g. skipping meals	behaviour	I know that skipping meals makes me more likely to binge	Keep to regular eating even though I'll be eating more at Xmas

DEALING WITH SETBACKS:

Lapse behaviour	What lead to the relapse?	What could I do differently in the future?	What do I need to do to get back on track?
e.g. binged and purged	Not sure – restricting? Skip meals?	Regular eating. Remember, both 'everyday' foods and 'occasional' foods are ok	Eat regularly, eat mindfully, eat slowly. Put food on plate first