



## Helping people to overcome Bulimia Nervosa and Binge-Eating Disorder using Cognitive Behavioural Techniques

### Review and Progress of the 6 Stages of CBT-GSH

#### Monitoring Your Eating:

Keeping a systematic written record of your eating so that you can know precisely what has been happening.

- Record all eating, including binges, in a standard form, soon after eating
- Reviewing records regularly to identify patterns

#### Instituting a Meal Plan:

Deciding on what pattern of eating is sensible and attempting to adhere to it.

- Decide on a meal plan which includes: timing of meals & snacks and what to eat
- Modify the meal plan to suit circumstances
- Try to stick to the meal plan every day and return to it when things go wrong
- Attempt not to vomit after planned meals and snacks

#### Learning to Intervene to Prevent Binge-Eating:

Learning what sort of circumstances cause you to binge and what sort of things you can do to prevent this from happening.

- Regularly plan ahead to avoid binges, including avoiding trigger situations
- Attempt to intervene on the verge of a binge
- Systematically work through list of activities to delay and prevent binge-eating
- Able, on occasion, to prevent a binge by planning or active intervention

#### Problem Solving:

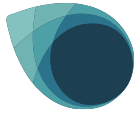
Learning how to define problems which cause you difficulty with your eating and learning to effectively deal with them.

- Able to identify problems which are upsetting (e.g. sad, anxious, angry)
- Use problem solving techniques to effectively deal with these problems
- Able, on occasion, to write down and solve problems which in the past would have led to binges

#### Eliminating Dieting:

Systematically widening the range of foods you eat.

- Make any changes necessary to eat an adequate amount of food
- Identify feared foods and start to systematically reintroduce these to meal plan
- Identify difficult situations for eating and start to practice managing these



## Changing Your Mind:

Identifying some of the beliefs which underlie your difficulties with eating and attempting to modify them.

- Able to eat normally without worrying about the impact to weight/shape
- Able to eat normally without strictly planning ahead and/or keeping records
- Able to accept worth as a human being without this depending on view of own weight and shape