

Review of your week continued

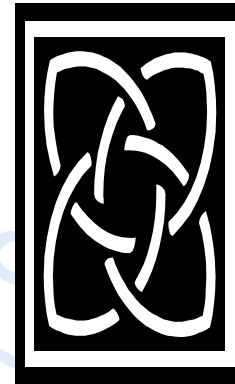
What were your biggest obstacles over the course of the week? Are these significant issues that you should explore?

Were you aware of your internal self talk? If so, can you discuss this further?

Did you practice mindfulness throughout your week? If so, how?

How committed are you to doing everything that it will take to recover from your illness?

Finally, after this past week do you believe that recovery is possible?
And, do you believe that you can achieve recovery?



Food Intake Journal

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Key Points

Fill in your journal after each meal or symptom.

Note what type of intake it is, when & where you have eaten and the contents.

Attempt to make a connection with triggers, urges and important feelings.

Note if exercise is for the purpose of calorie consumption.

Attempt to eat at least every 3 – 4 hours.

ANY THEMES FOR THE DAY?

bkft, lu, snx, din, binge	WHEN/ WHERE	FOODS/LIQUIDS	URGES	TRIGGERS	SYMPTOMS (restrict, vomit, binge, exercise)	IMPORTANT FEELINGS

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Review your week

This is a chance to be reflective and look at your weekly journal with curiosity. What patterns emerged?

What have you learned throughout the week, either by times that you triumphed over an urge, or by times that you slipped?

Were you able to tolerate uncomfortable feelings? If so, how did you do this?

Were you able to put effective coping strategies in place to manage difficult times? (E.g. delaying yourself, distracting, using positive self talk, self-nurturing, reaching out)

Give an example that you are most proud of.