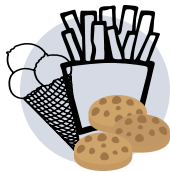


BEGIN WITH *Self-Monitoring*

The first step in your journey to change begins with the strategy self-monitoring. This strategy will be maintained throughout the entire process as it highlights key pieces of information about your problematic eating and allows you to change.

WHAT YOU WILL LEARN ABOUT YOUR BINGES



What do I eat?

You will learn if foods during a binge differ from foods you eat regularly. Take notice of these differences to see if there are clues into the binge behaviours.



When does it happen?

You will learn if there is a pattern to your binges. When patterns emerge, you will have the power to put strategies into place to reduce and eventually prevent binge episodes.



What brings it on?

You will learn if there are common triggers for your binges. Look for triggers such as specific feelings, people, circumstances, or even types of food.

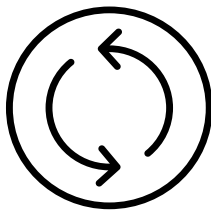


Why do I keep bingeing?

As unwanted as bingeing is, we continue to binge for a reason. The self-monitoring record will help answer the unanswered question, "Why do I keep doing this to myself?"

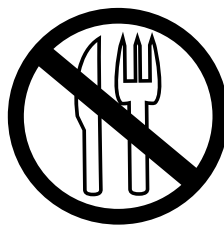
Common Fears and Hesitations with Self-Monitoring

If you have reservations with self-monitoring, you are not alone. It is understandable to not want to write down behaviours that cause you pain, however with time, it does get easier. Self-monitoring gives you the ability to assess where you are in the change process and allows you to see progress.



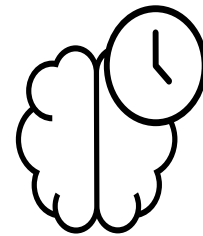
I've done this before...

Self-monitoring is very different from food journaling. Self-monitoring is not a judgement record of how 'good or bad' you've done. Its purpose is to help you understand your behaviours so that change can happen.



I don't want to see what I do.

Self-monitoring does not allow us to forget or act like "it didn't happen" anymore. This truth can be hard to accept and sometimes embarrassing. As hard as it may be, being honest with ourselves is a really important step in the change process.



I will think about food even more!

In the beginning, this may be true, but persevere! By self-monitoring, we are able to learn how to deal with our problematic eating struggles. With this, food no longer holds the spotlight in our daily life and loses its power.

HOW TO *Self-Monitor*



Monitor in 'Real Time'

It is important to self-monitor as the day goes. We can stay on top of our regular eating patterns, notice any challenges early on, and make adjustments as needed.



Capture it all

Record everything. Food, beverages, and binges. Truth allows change to happen.



Know where you eat

It may seem silly at first, but where you eat is important. Examples include at a table, on the couch, in front of the pantry, in your car, or laying in bed.



Identify binges

When a binge occurs, you will identify it with a (*) beside each item consumed. Binges will often have 3 or more * in a row when a binge occurs.



Purging behaviours

Purging behaviours can occur when binges happen for some people. If a compensatory behaviour occurs, write down what happened. Examples include vomiting, laxatives, excessive exercise, or significant food restriction.



Gather insight and context

Use this area to reflect on your behaviours. If you experienced a 'Change Day', what was different? If a day was challenging, what happened? This section will help you to begin to understand your own behaviours in a new and non-judgemental way.



What does self monitoring look like?

Below is an example of a self monitoring sheet completed by someone with binge eating disorder. Source: *Overcoming Binge Eating* by Dr. Christopher G. Fairburn, Page 138

Time	Food & Beverage	Location	Binge	Purge	Insight
8:10 AM	Plain bagel with butter, coffee	Kitchen			
8:25 AM	Half bagel, butter, coffee	Kitchen	*		Great bagel, but ...
10:20 AM	1 Raisin muffin, coffee	At desk			Thinking about eating all morning
12 Noon	1 slice pepperoni pizza, large diet pop	Staff cafeteria			Feel somewhat sick. Really full. I'm enormous.
3:00 PM	2 donuts, coffee 2 more donuts	At desk	* *		Must stop buying these. They are too good!
6:30 PM	Large bag potato chips Diet coke 2 plain bagels with PB Large slice chocolate cake Diet coke	Kitchen - standing	* * *		Tiresome drive home. Restless. I've nothing to do... just started eating... mindlessly. Enjoyed it at first.
7:15 PM	3 Kit Kats Decaf tea 6 Scoops chocolate ice cream 1 Cherry yogurt	Kitchen	* * *		I've started again. This is helpless. I've no self-control.
9:00 PM	2 Decaf tea				