

Constructing your personal eating CBT programme

Using the ideas below, please select three of the many possible ways in which you can control your weight and use

them for the next three weeks. When you can see that you have made some real progress, you should try some of the other possibilities during the weeks that follow.

There are many possibilities presented here. As you answer each question, really try to give an honest answer. This will allow you to develop a personal programme that suits you. You will not be able to do all of these things at once but, as you read about each one, consider it as if you were going to do it. When you have finished reading all of them, you will be able to choose the specific changes you would like to make and the methods you will use to make those changes. Think about each question carefully and then write the answers in the spaces provided.

1. Eating at Mealtimes

If you wanted to reduce the amount you eat at mealtimes by just a little, which specific food items can you imagine yourself leaving? If you choose fatty or sweet foods, then you will only have to reduce the amount you eat by just a little to eliminate a lot of calories. Write some of your initial ideas inside this box:

A

2. *Eating between meals*

If you wanted to control snacking, or eating between meals, what do you think would be easier or more convenient to control? Tick the appropriate box.

How often you eat between meals B

or

The amount of food that you eat on each occasion C

or

The fat content of your snacks D

3. *Substituting eating for smoking*

Have you noticed yourself eating at times when in the past you would have lit up a cigarette? If so, write down one or two of those kinds of situations that you would like to control.

E

F

4. *Trigger Situations*

In question four of the key questions above (page 250), did you tick any situations in the *Very Often* or *Sometimes* columns? If you did, which two would you most like to be able to control by not eating or over-eating? (If you ticked the *Never* column for all situations, please leave the two panels below blank).

G

H

5. *Trigger Emotions*

In question five, above, did you tick any of the emotions in the *Very Often* or *Sometimes* columns? Which two would you most like to be able to handle without needing to eat something?

I

When I am feeling . . .

J

When I am feeling . . .

6. *Prioritise*

Look at your answers, A–J, and see if you still agree with them. Having made any corrections or adjustments, decide which are the most important to work on. Tick the three most important ones. Of these three, which would be easiest to control? Which would be the most difficult to control? And which would be in between? Write the corresponding letter in each box below:

The easiest to control

The second easiest to control

The most difficult to control