

Practical Exercise 3 – Reviewing Your Self-Monitoring Sheets

- Review the week's worth of self-monitoring sheets as a whole.
- What has gone well for you this week?
- What have you learned through reflecting on your self-monitoring sheets? (E.g., the circumstances that are likely to trigger a binge or make you decide to skip a meal.)
- What positive changes have you managed to make?
- What have you found difficult?
- Are these periods linked to binge eating, or a feeling of being out of control and a fear that you might gain weight?
- When tough things happen during the week, how does this influence your eating?
- How might you deal with this the next time you're faced with a similar situation?
- What CBT strategies can you use?
- What's your plan of action?



Building in a weekly review of your self-monitoring sheets and reviewing these questions will help you understand more about the nature of your eating problem. This will allow you to make important changes.