

HABIT DIARY

Complete the HABIT DIARY table to help you identify your habit behaviors that sweep you into your urges, and then you can start to break this habit pattern.

DATE/TIME	YOUR HABIT	WHERE ARE YOU? WHO ARE YOU WITH?	WHAT WERE YOU DOING JUST BEFORE THE HABIT?	THOUGHTS AND FEELINGS AND IMAGES JUST BEFORE THE HABIT?	THOUGHTS AND FEELINGS AND IMAGES DURING THE HABIT?	THOUGHTS AND FEELINGS AND IMAGES AFTER THE HABIT?	YOUR REWARD/ PLEASURE?
Example	Jumping onto the scales	At home, on own	Getting dressed, jeans feel tighter	"I'm fatter." Image of bulges over tops of jeans. Feel angry	Panic, scared, worthless	"I must not eat anything today." Feel sad, lonely, a failure	Bingeing and purging
1.							
2.							
3.							
4.							
5.							
6.							
7.							
8.							
9.							
10.							