

OVEREXERCISING CAUSES & NEW COPING STRATEGIES

So, what's causing you to overexercise? Yes, your thoughts and feelings, so complete the table of what's causing you to reach out for the exercise equipment, listing your thoughts and feelings. Then to challenge these, create new powerful positive coping strategies.

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THE CAUSES:	NEW COPING STRATEGIES:
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	9.
10.	10.