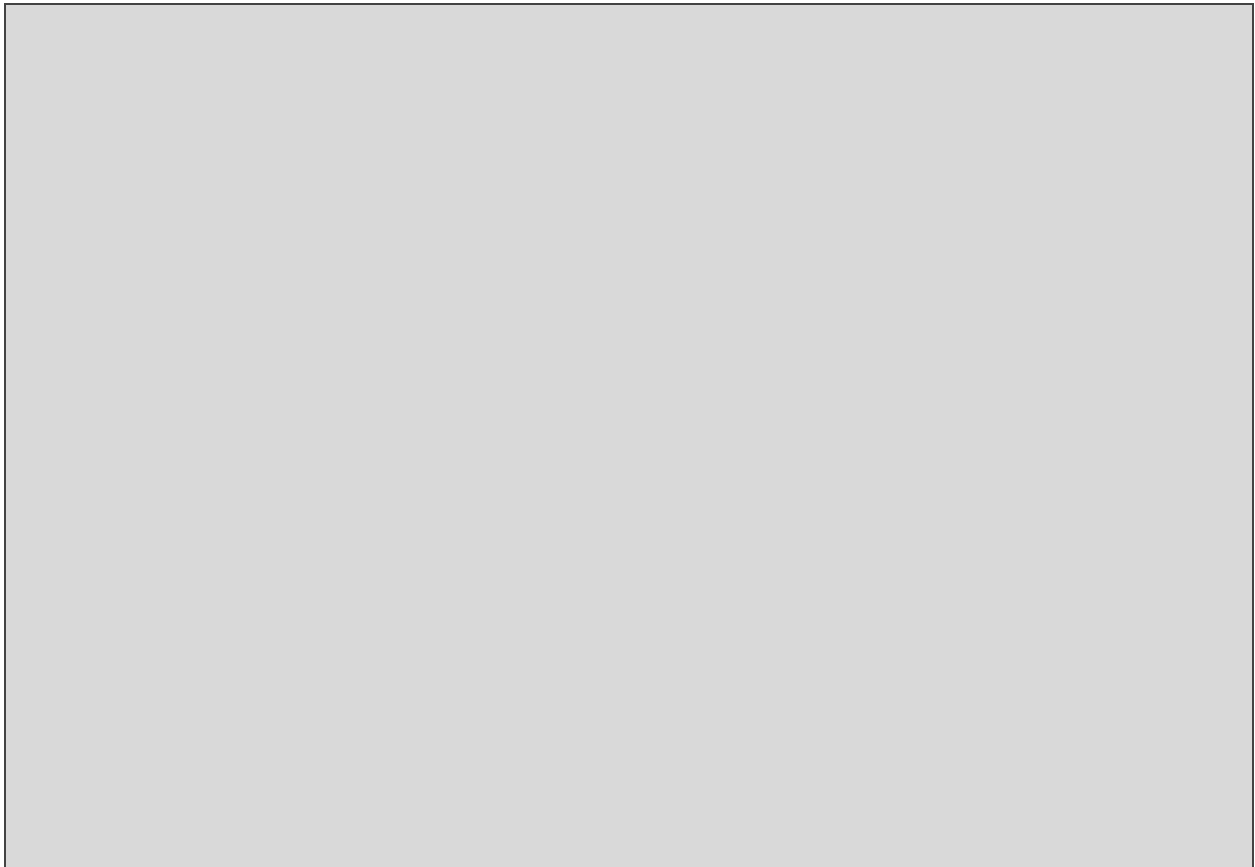


1. Nutrition

Understanding Why You Binge Eat

It has been proven¹ that most eating disorders such as binge eating, bulimia or compulsive eating begin as diets. Nothing else. People may choose to diet for many different reasons, but, the real trigger for disordered eating is the simple act of dieting.

1. Think about the time when you first started to have a disordered relationship with food and write down all the possible triggers that caused it.



¹ "Severe dieters have already begun the process to an eating disorder" (BMJ 1999; 318, 765-768, 20 March).

"Girls who severely dieted were 18 times more likely to develop an eating disorder within 6 months than those who did not diet" (BMJ 1999; 318:765-768, 20 March).

"It doesn't even have to be a severe diet - 2/3 of new cases of an eating disorder came from those who dieted moderately" (BMJ 1999; 318, 765-768, 20 March).

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2. Write down all the ways you are currently restricting your food intake and why.

It might be about reducing quantities or avoiding certain foods or food groups, fears you have about certain foods or even food rules or food restrictions you are trying to follow.

Example: I am not eating after 6pm because I think that will make me gain weight.

I avoid eating fats because I think they will make me fatter.

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Understanding Why You Binge Eat

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3. Now review all the ways you are currently restricting and ask yourself if you can verify that belief. This will tell you if your thoughts are irrational or based on factual knowledge. Write 'yes' or 'no' in the right column. Print more sheets if needed.

Example:

*I am not eating after 6pm because I think that will make me gain weight. - **No**, I have no proof that I put on weight when I eat after 6pm.*