

## LAXATIVE CAUSES & NEW COPING STRATEGIES

So, what's causing you to reach out for the laxatives? Yes, your thoughts and feelings, so complete the table of what's causing you to reach out for the laxatives, listing your thoughts and feelings.

Then to challenge these, create new powerful positive coping strategies.

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