



# BULIMIA SUCKS! TECHNIQUES DAILY RECORD

<b>MONDAY</b>  <b>List which techniques to practice?</b>	<b>TUESDAY</b>  <b>List which techniques to practice?</b>	<b>WEDNESDAY</b>  <b>List which techniques to practice?</b>	<b>THURSDAY</b>  <b>List which techniques to practice?</b>	<b>FRIDAY</b>  <b>List which techniques to practice?</b>	<b>SATURDAY</b>  <b>List which techniques to practice?</b>	<b>SUNDAY</b>  <b>List which techniques to practice?</b>
<b>For Example:</b> Spend 20 minutes working with the "Change Your Beliefs Instantly" technique	Start to learn urge surfing	Step into the "New You" technique four times today	Tap for 20 minutes on all my scared feelings	Learn and start to use the "Shrink & Blink" technique	Start to work through my list of triggers with the "Instant Trigger Change" technique	Spend 15 minutes working with the "Spin and Win" technique to change any difficult feelings