

When Eating Feels Out of Control

A way to look at what happened, and what was going on underneath it, without piling on.

WHEN TO USE THIS

Use this the day after, once things have quieted down a bit.

What was going on in the hours before it started?

Hungry, alone, upset, worn out, straight after a hard day.

What did it feel like while it was happening?

What did you need right then that food was standing in for?

If you are thinking of hurting yourself afterwards, call or text 988 now. This is worth telling a real person about.

What would make the next evening a little easier?

Eating earlier, not being alone, something to do with your hands.

This is not about willpower. It usually starts somewhere else in the day.