

Early warning sign	Thought/ Behaviour	Challenge it	Develop a plan
e.g. shopping more	behaviour	I know that shopping more makes my money likely to be gone	Keep to regular eating times (though I'll be eating more at first)

Dealing with setbacks

Upper behaviour	What led to the lapse?	What could I do differently in the future?	What do I need to do to get back on track?
e.g. binge-eating period	Not sure - restricting? Skipped a meal?	Regular eating. Remember, both 'everyday' foods & 'occasional' foods are OK.	Eat regularly, not mindfully, not slowly. Put food on plate first