**Activity 10**

**After one week of recording this information on binges, work with your therapist/clinician or alone and ask yourself the following questions:**

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1. What are the main triggers of my binges?

Biological:

Psychological:

2. Do I have different triggers and different type of binges?

3. What can I learn from this?

4. What can I do differently? (go back to previous chapters and make a list of things that you have learned that can help you reduce the binges. Put it into practice and look at it next week).