

## Delay, Distract, Decide

<b>Delay</b>	<p>Delay the decision to binge for 25 minutes. The craving will pass, and your brain will become engaged in something else in the meantime.</p> <p>I will delay for _____</p> <p>Write down the number of minutes, so you are actively committing to it yourself.</p>
<b>*Distract</b>	<p>Do something that will occupy your thoughts and grab your attention, and that will give you satisfaction to have done. List your options here (Use a separate sheet if needed): Make it as easy and enjoyable as possible – play your favorite playlist, ask someone to help you, promise yourself a treat for getting it done.</p>
<b>Decide</b>	<p>After the set time, decide whether or not to binge. Remind yourself of all the...</p> <p>Advantages of not doing it:</p> <p>Disadvantages of doing it:</p> <p>Reasons I want to stop:</p> <p>My life goals:</p>

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**Ask yourself:** *Will this nourish me or punish me?*

**Ask yourself:** *How do I want to feel when I go to bed? How do I want to sleep? How do I want to feel when I wake up?*