

Write it down and move on

[after buffering / or eating out of control / or after breaking your food protocol]

*Buffering (numbing emotions) - when we use an external substance to feel better internally, which has negative consequences

- 1) **What did you eat (or drink)? (read: what did you buffer with?)**

- 2) **Why did you buffer with it? Be very specific.** (*what was happening, what did you think and feel?*)

- 3) **What would have worked better? What else could you have done?**

- 4) **What did you make the buffering mean?**

Is this thought likely to help you reach your goals? Y/N

5) How did you talk to yourself afterward?

Was it empowering or disempowering? E/D Kind or not kind? K/NK

6) What else can you tell yourself that is believable and feels better?

Is the new thought likely to help you reach your goals?

7) What did you learn?

8) How will you handle this next time?