

Worksheet 11: How my eating works now

1. Am I at greater risk of overeating when my threat system comes online?

If so, what ideas do you have about why this might happen?

2. What types of threat emotions are most likely to trigger my overeating?

Try to think about what reasons there may be for this, perhaps by thinking about your personal history or current circumstances.

3. Are there any other threats that I pay attention to once my threat system is active?

Often when our threat system comes online, we can end up in 'threat spirals', feeling more and more threatened. This type of threat escalation is very normal. It can be useful to identify any new types of threats that emerge and how your eating may help you deal with them as well as with the original threat that was triggered.

4. How does eating help me to cope when my threat system is switched on?

For example, do you feel more in control of things when you are eating or planning a diet?

5. Does eating help me to feel soothed?

If you feel it does, think about in what way it does this; for example, does it help you to feel calm, bring in other soothing memories, etc.?

6. Does eating help me turn off or tone down my threat system?

For example, does it help you feel less anxious or numb? If so, how do you think eating does this?

7. Does eating activate my drive system?

For example, is it linked to having fun, or does compensating for overeating by dieting give you a feeling of pride or achievement?

8. What do I hope that eating will make me feel (the intended consequence of eating)?

For example, will it help you manage difficult situations, relationships or feelings? Does it tone down self-criticism or negative feelings about your body?

9. What are the unintended consequences of overeating?

For example, does it lead to feelings of guilt or shame later; does it impact on your relationships, daily activities or health?