

Lapse Analysis

If this situation has only happened once/is very unusual, move on. Just make a mental note that it didn't feel great to learn from. If it's becoming or is a pattern, answer the following questions so that you can learn from it.

What happened? Describe as neutrally as possible. Just the facts, no judgement. What was eaten, when, where, what were your hunger levels:

Identify your Vulnerabilities. Was there anything about me that made me particularly vulnerable this time? For example, were you tired or stressed-out? Did you just get bad news or have an argument? Were you working under a deadline?

Identify possible early intervention points. Were there points early in the sequence of what happened that seemed innocent at the time but set me up to make a poor choice later on? If so, what were they?

Find the critical decision point. What was the specific point at which I knew I was going to eat past fullness, get stuffed, or binge?

Identify unhelpful thinking or excuses. At that decision point, what did I think (or feel) that encouraged me to go ahead and eat past fullness, get stuffed, or binge?

Use your wise mind to find alternatives. What could I have said to myself to challenge that unhelpful thinking or that excuse?

Evaluate your use of skills. Did I even try to use alternative activities to cope with my urge to eat without actually eating?

If no, what activity am I going to try in this situation the next time?

If yes, what happened? Why didn't it work?

Can I try something different next time?

Did I even try making a conscious decision to eat? If so, what excuse did I use to keep eating past moderate fullness?

Update your personal food guidelines. What did this lapse tell me about how I react to situations involving food?

How do I need to revise my personal food guidelines to reflect this new information?

Do I need to seek external help in generating new strategies to cope with my urges to eat instead of being pigheaded and trying the same old strategies that aren't working?

Cultivate your willing attitude. Why am I so unwilling to try something new? Why do I insist on trying to make things work out the way I want them to instead of accepting the reality that I must be willing to do whatever will work, at least for the time being?

Stay positive. Remember that learning to use appetite cues effectively is a process and it will get easier and feel more natural the longer I do it!