

### 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:

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**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?

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**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?

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**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?

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**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?

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

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

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

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

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Can I try something different next time?

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

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

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

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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?

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**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?

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**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!