**Activity 12**

**Continue to plan and monitor your food**

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If you are struggling to plan and monitor, be honest with yourself. Why is this? Revisit earlier activities to help you to remember the benefits of change.

1- Pay attention to the binges and learn from them.

2- Pay attention to any episodes of vomiting or purging and learn from them.

3- Re-read Activity 6 on the reasons why you want to give up your eating disorder.

4- Plan your food and introduce mechanical eating.

5- Review your diary every 3 days and write down what you can learn from it. Discuss with your therapist/clinician what you have learned and your on-going plan.

6- Try to elicit support from a friend or family member.