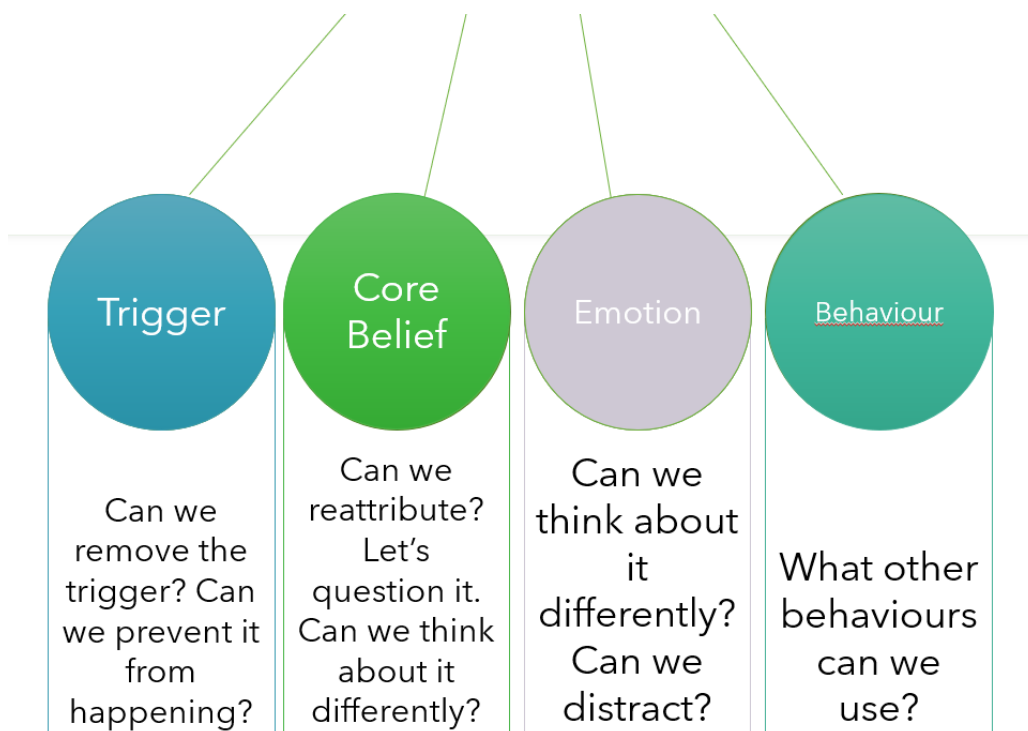


# Session 7– skills practice: Cue exposure

**But first – have you challenged any of those 4 balls?**

Remember, according to the Newton’s Cradle model, in order to prevent the emotion-driven behaviour (such as a binge) from happening, we need to disrupt one of those balls.



Spend 5 minutes reflecting on how you have challenged any of those balls over the last week. What has been your experience of doing that?

Can you think of ways to challenge any of those balls going forward?

.....

.....

.....

.....

## Cue exposure

So far we have looked at the 2 main triggers for unhelpful eating disorder behaviours such as bingeing – starvation and emotional distress.



Today we are going to look at another possible trigger, to give you another useful tool in your toolbox. We are going to look at cue exposure.

### Pavlov's dogs:

In 1927 Pavlov was carrying out an experiment using dogs. He would ring a bell each time he wanted his assistant to bring in their food. After a while, Pavlov noticed that the dogs were beginning to salivate as soon as they heard the bell, even before their food arrived. In other words, the dogs associated the sound of the bell with eating their food and reacted accordingly.

### How is this relevant to us?

Sometimes people find that they have a similar conditioned response to certain foods. This can be experienced as something like “See the food = eat the food.”



**= Binge**

To overcome this, we need to break this association. This is done by replacing the old association with a new association. In cue exposure, you expose yourself to a binge food but do not eat it. Instead, you use all of your other senses to experience the food – you feel it, smell it, look at it, lick it – but you don't eat it. This needs to be done for approximately 20 minutes at a time, and you need to practice it as often as possible. In time, you will no longer associate the food with bingeing.

You can watch a demonstration of cue exposure here.

<https://www.youtube.com/watch?v=XXPwsK2-ACo>

See how Jess is asked to notice how much she wants to eat the chocolate truffle throughout cue exposure. You can do this using a table like the one below...

Time	How much do I want to eat my binge food? Score out of 10, where 0 is not at all, and 10 is having a very strong urge to eat it.
At the start	
After 5 minutes	
After 10 minutes	
After 15 minutes	
After 20 minutes	



# Session 7 – skills practice: An introduction to body image

## Body Image - Common Assumptions

Many people believe that people are judging them negatively because of their weight and shape. The following are all things that previous clients have said they worry others think about them...

“I’m lazy.”

“I’m stupid.”

“I have a rubbish job.”

“I’m unfit.”



“I have no self-control.”






“I have poor personal hygiene.”

“I’m unattractive.”

## Continuum Test

Where do those worries come from and what is the evidence to back them up? Let’s carry out a continuum test to see if body size is actually related to any of these attributes. Put the following people in order...

	Lowest weight at the top	Most intelligent at the top	Most likeable at the top
Jamie Oliver 	Justin	Oprah/simon	Alison
Alison Hammond 	Claudia	Claudia	Alan

	Simon	Jamie	Claudia/Jamie
	Jamie	Simon	Jamie
	Oprah/Alan	Alison	Oprah
	Alan/Oprah	Alan	Justin
	Alison	Justin	Simon/Justin

Do the columns match? If body size *is* related to a person's intelligence or likeability all three columns should be in the same order!

### Comparisons

*Here are some questions to ask yourself about body comparisons...*

- Was your comparison fair/biased?
- Could you be more scientific?
- What do you think happens if we make biased comparisons?
- What do you think happens if we focus on comparing our looks?
- What else could you be doing with that time?
- Do you pay attention more broadly to people's other qualities, besides



their appearance?



## Challenging body comparisons

In order to identify what effect making body comparisons is having on you, we are going to do a comparison test, and record the results in a table like this one – you will find the template in the handouts booklet.

<b>Days 1 to 3</b>	Make as many body comparisons as you possibly can	How do you feel after 3 days of doing this?
<b>Days 4-6</b>	Avoid making any body comparisons at all	How do you feel after 3 days of doing this?

## Homework

To summarise, this week's homework is:

- Follow the food plan
- Keep a food diary
- Keep an emotion diary and keep challenging those 4 balls in the Newton's Cradle model.
- Begin body image work by carrying out a comparison experiment