

Solutions: Support for Emotional and Binge Eating

Session 10: Lapse Management Planning

Check-In

- What is a success and a challenge from the past week? How did you support yourself through these experiences?
- Did you intentionally prioritize any of your values this past week? If so, how? What was that like for you?
- What can the group support you with the week?

Quote of the Week

I can choose to stop the lapse immediately.

Lapse Management Planning

Recovery is not an extreme, all-or-nothing outcome. Rather, it is a moderate lifestyle approach that includes lapses at times.

Therefore, lapses must be anticipated, lapse warning signs recognized, and a lapse management plan developed and implemented.

Lapse Management Techniques

- Learn to recognize my risk situations.
- Plan new strategies to deal with my risk situations.
- Distance myself (realistically) from my known high-risk situations, when possible.
- Stay in the present. Choose to be in the *now*.
- Ask for and accept help from others.
- Accept unsolicited help when it is sincerely offered.
- Choose to stop the lapse process immediately.

Let's add to your plan now...

- Identify your risk factors and situations and write them into your plan.
- Identify factors that increase your vulnerability to your known risk factors.

People, Places, Feelings

- Help my family learn to help me by making them partners in my wellness process.
- Enlist friends to help me and be supportive of my efforts.
- Develop new friendships with supportive people.
- Distance myself (realistically) from people who may sabotage or hinder my efforts.
- Identify places that are supportive of my efforts.
- Distance myself (realistically) from places that may influence lapses.
- Identify feelings that are supportive of my efforts.
- Identify feelings that may influence lapses.

Let's add to your plan now...

What will my support system look like?

- Who will support my recovery?
- Who might influence a lapse?

Where are my supportive places?

- What places feel supportive and promote recovery?
- What places might influence a lapse?

Awareness of feelings

- What feelings support your recovery?
- What feelings might influence a lapse?

H.A.L.T

Lapse events are more likely to occur when we have unmet needs.

If I find myself heading for or in a lapse state, I will call HALT and check in with my mind and body about my feelings in that moment.

I will correct the problem and meet my needs immediately.

Activity: Decide how the following states feel for me and what steps I will take to meet my needs.

Lapse Warning Signs

Lapse warning signs must be identified and planned for in order to prevent a lapse from continuing.

Take a moment to circle all your lapse warning signs in your workbook.

Discussion Question:

What are your thoughts and feelings about the lapse warning signs you identified for yourself?

Let's add to your plan now...

What new coping strategies can you use to stop the lapse?

What lapse management tools will help you choose your new strategies?

When I lapse...

- I can take responsibility for myself and my actions.
- I can choose to stop the lapse immediately by utilizing lapse management techniques.
- I can discuss the lapse and confide the facts to a supportive person immediately.
- I do not need to beat myself up for being uncomfortable, wanting to feel better, or for however I choose to take care of myself. Shame never works!

Any last thoughts or questions?