

# Solutions: Support for Emotional and Binge Eating

## Session 12: Change- Moving Towards Recovery

# Check-In

What is a success and a challenge from the past week? How did you support yourself through these experiences?

Did you notice any of your personal signs of stress this past week? Which ones? What coping skills and strategies did you practice using to manage any experiences of stress?

How can the group support you this week?

# What happens after this class...

1

Continue in this same Solutions class for the next set of lessons.

2

Transfer to the Mindful Living class or back to a 20-week class.

3

Enroll in the Maintenance class.

4

Take a break from classes for now (only an option if on full food).

# Autobiography in Five Short Chapters

1. I walk down the street. There is a deep hole in the sidewalk. I don't see it. I fall in. I am lost....I am helpless.... I am hopeless.... It isn't my fault. It takes forever to get out.
2. I walk down the same street. There is a deep hole in the sidewalk. I pretend not to see it. I fall in again. I can't believe I'm in the same place. How did this happen? But it still isn't my fault. It takes a long time to get out.
3. I walk down the same street. There is a deep hole in the sidewalk. I see it plainly. I still fall in. It is a habit. My eyes are open. I know where I am. I accept how I got here. I get out immediately.
4. I walk down the same street. There is a deep hole in the sidewalk. I walk around it.
5. I walk down another street.

# Discussion Questions

- What chapter/chapters do you currently see yourself in? Why?
- What will have to change for you to move to the next chapter?
- What are your reasons to not change?
- What chapter/chapters are realistic expectations of recovery?

# Moving towards recovery requires...

1. Acceptance that the wellness process is a life-long commitment I must make to myself.
2. Believing in myself and my plan and wanting to be well.
3. Daily commitment to positive change in my life and to managing lapses, including curiosity and compassion for triggered states.
4. Identifying and meeting physical and emotional needs well, while building trust with my body.
5. Planning and following through with my plan until my wellness behaviors mostly replace my compulsive behaviors.

# Discussion Questions

- On a scale of 1 to 10 (1 = no desire for change, 10 = total commitment to change), where am I today?
- On the 1 to 10 scale above, why did I choose the number I chose?
- Does my current behavior match my stated commitment level? Why or why not?
- What are my reasons for wanting to change?
- What are my reasons for staying the same?

# Discussion Questions

- How can I change my behavior to facilitate change?
- What would need to be different in my life to motivate change?
- What past behavioral changes have I successfully made?
- What skills or knowledge do I need to learn to successfully change?
- Where will support for my changes come from? Where will resistance come from?



The dedication you've shown to expanding your self awareness, understanding your sensations and needs, and re-learning how to take care of yourself throughout this course has been truly inspiring to witness. We are deeply appreciative of your vulnerability and self-discovery...thank you for sharing the most precious parts of yourself with the group!

Any last thoughts or questions?