

THE FOUR D'S

- Delay
 - Postpone the eating, give your self FULL permission to come back to the food later and have as much as you want with the caveat that you have to wait and do something else first (for a minimum of 15 minutes)
- Distract
 - Do something else! Take a walk, do yoga, read a book/magazine, call a friend, answer emails, etc.
- Determine
 - Figure out what it is that is *really* going on so you can decide what you actually want and need. Use “HALT the BS” guide if you need help determining what you are feeling. Are you truly hungry? Having some other feeling? Angry, lonely, tired, embarrassed, anxious? Feeling disconnected from people? Once you know what's really under that temptation to binge...move to the final step.
- Decide
 - Think long and hard about what it is that will truly help you with the “feeling under the feeling”/impulse to binge! Do you need a hug? Do you need a supportive text message from someone you love? What do you need to do to soothe whatever is really getting stirred up?