

Bulimia Nervosa Worksheet

1. Think about the situations, emotions, or thoughts that trigger your bulimic behaviors. Describe them in detail.

Example: "I feel the urge to binge and purge when I am stressed about work or feel inadequate in social situations."

2. List the specific emotions you experience before, during, and after bulimic episodes. Reflect on why you feel this way.

3. Identify the physical symptoms you experience as a result of bulimia.

4. Identify any irrational or distorted thoughts related to your bulimic behaviors. Challenge these thoughts with more balanced and realistic perspectives.

Example:

- Irrational Thought: "I must be thin to be accepted and loved."

- Realistic Thought: "My worth is not determined by my appearance, and I deserve to be loved for who I am."

5. Create a list of coping strategies to help you manage the urge to engage in bulimic behaviors. These can include relaxation techniques, healthy distractions, and seeking support.

6. Work with a nutritionist or therapist to develop a balanced meal plan that supports your recovery and reduces the urge to binge and purge.
