

Preceding period	
Situation	Emotions
1	
Hrs. since last retained meal:	Mood (0-100)

Coping attempts	
Coping measures	Results
2	

Onset of binge		
Behavior	Emotions	Thoughts
	Mood	

Coping measures	Results
3	

Completion of binge		
Behavior	Emotions	Thoughts
	Mood	

Coping measures	Results
4	

Completion of vomiting/purging		
Behavior	Emotions	Thoughts
	Mood	

Subsequent period	
Behaviors	Emotions
5	
	Mood

SUGGESTIONS FOR THE USE OF THE SELF-MONITORING FORM

The self-monitoring form that you have been given was developed to help you easily record the behavior, thoughts, and feelings that you experience with bulimic episodes. Self-monitoring may seem difficult at first, and may continue to seem time-consuming throughout treatment; however, we believe this is a necessary step in helping you to understand and modify your eating disorder. We hope that the self-monitoring form will make it easier to follow through with this important component of therapy. It has been designed to:

1. provide a way of systematically recording the events and experiences associated with bulimic episodes, so that you (and, if you choose to share the information with them, the therapists and other group members) can learn more about what triggers episodes, how bingeing and purging affect your thoughts and feelings, and how you can begin to have more control over your eating.
2. separate a binge-purge episode into different stages (preceding period, beginning of a binge, completion of a binge, vomiting and/or purging, subsequent period), to emphasize the fact that the whole episode is a chain of events rather than the single yes/no decision it often feels like.
3. remind you each time you do the self-monitoring exercise that it is possible to attempt "coping measures" at any stage that may interrupt the chain. You may already know strategies that have been useful in stopping or preventing some episodes, and over the course of therapy your own self-monitoring data and feedback from therapists and group members will suggest alternative plans with which you can begin to experiment.

We would like to emphasize two points about the use of the recording forms; First, self-monitoring is an acquired skill over time, it will become easier for you to decide what kinds of information are most valuable for you to keep track of, and the process of writing down your experiences will become more automatic. Second, there is nothing sacred about this particular form or style of self-monitoring - if you find that it is easier and/or more meaningful for you to record your experiences in a different way, feel free to do so. For example, some people have difficulty assigning numbers to their mood states, as requested on the form we have provided - if this is a stumbling block for you, go ahead and use words or symbols to describe how you are feeling. The important thing is that you do the self-monitoring, and do it consistently, rather than that you employ any particular approach.

The mechanics of self-monitoring

1. You do not need to fill out a form for every eating episode, but the experience will be most valuable if you try to record at least one per day.
2. The form is intended to be used not only for binge-purge episodes, but for times when you feel an urge to binge but cope with it successfully - such episodes often provide very helpful data that can be used in changing your eating patterns.
3. It is best to do the self-monitoring as close in time as possible to when the episode actually takes place. Ideally, it is most desirable to write down what is happening as it occurs, even if this means doing it in a "shorthand" form that you expand on later.
4. The box at the top of the page is intended to be used for recording events, emotions, and thoughts you are aware of in the period right before a binge starts; the second row of boxes is for the period when you are just beginning to binge; the third row of boxes is for the period when you are in the later stages of a binge; the fourth row of boxes is for the period immediately after you have vomited or taken laxatives; the last box is for the period following the whole episode.
5. The space under the "emotions" column that is labeled "Mood" is intended to be used for a numerical rating of your mood state. People usually use the numbers between 0 and 100, with 0 indicating "the worst that I have ever felt" and 100 indicating "the best that I have ever felt."
6. The kinds of information you will want to record under each of the other headings will vary among different people and different episodes. You may want to refer to the sample sheet handed out, or ask the therapists for more guidance. In general, the "behavior" column refers to what you actually did during each stage - for example, during a binge, you might note what you ate, where you ate, and/or how long the binge lasted. The "emotions" column refers to how you were feeling - for example, "sad," "angry," "elated," "bored," etc. The "thoughts" column is intended to be used to record the kinds of conscious thoughts or "self-statements" that were running through your mind - for example, "I know that I'm going to gain weight," "This is disgusting," etc.
7. If you need additional space to record your experiences, please use the back of the form.
8. It is often useful to note on the form if and when you made a conscious decision to initiate a binge. This can be noted with an asterisk in the relevant box and column.
9. On some occasions, particularly at the beginning of therapy, you may not use the "coping attempts" boxes at all. You may also find on some occasions that you do initiate a coping attempt that doesn't work (i.e., your binge continues, or you do vomit) - if so, note the coping attempt anyway, and draw an arrow from that box back to the next box on the right side, and continue the self-monitoring.
10. It will be your choice to share this information with others or keep it private, so feel free to write down whatever you want to, without worrying about what others will think about it.

Date:
Time:

Preceding period

<p>Situation</p> <p>Received a compliment from a group member on how I am doing. Went home, sat in living room by myself. Got up and checked body size in mirror.</p>	<p>Emotions</p> <p>Scared Anxious Guilty</p>	<p>Thoughts</p> <p>I am dishonest. I am undeserving. They really don't know me. How can I do this? I have to eat. I look really fat. *</p>
<p>Hrs. since last retained meal: 5½ hrs.</p>	<p>Mood (0-100)</p> <p>20</p>	

Coping attempts

<p>Coping measures</p>	<p>Results</p>

Onset of binge

<p>Behavior</p> <p>Went out and bought food for binge - brought home. Made and started eating popcorn.</p>	<p>Emotions</p> <p>Scared Rushed Out of control.</p> <p>Mood 40</p>	<p>Thoughts</p> <p>I have to eat just to throw up.</p>
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Completion of binge

<p>Coping measures</p> <p>Tried to watch TV show after putting away food.</p>	<p>Results</p> <p>Couldn't concentrate. Wanted to eat more.</p>
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<p>Behavior</p> <p>Made more popcorn. Got ice cream out of freezer - ate pint standing in kitchen.</p>	<p>Emotions</p> <p>Guilty Anxious "trance"</p> <p>Mood 15</p>	<p>Thoughts</p> <p>I'm going to get fat. I'm so stupid. I hate my mother. I have to get rid of this.</p>
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Completion of vomiting/purging

<p>Coping measures</p>	<p>Results</p>

<p>Behavior</p> <p>Threw up twice. Lay down. Looked in mirror to see how bad I looked.</p>	<p>Emotions</p> <p>Relief Guilt</p> <p>Mood 10</p>	<p>Thoughts</p> <p>I deserve this. What a relief. I hate my life. Why do I have to go through this?</p>
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Subsequent period

<p>Behaviors</p> <p>Go back to work on a paper.</p>	<p>Emotions</p> <p>Guilty Self-hate</p> <p>Mood 10</p>	<p>Thoughts</p> <p>I'll never throw up again - or eat again, if it takes that. I'm really a horrible person. I'm never going to get better.</p>
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