

Alternative Action Log

Trigger: What Kind of Trigger was this, emotional, physical or situational?

Describe What Happened:

Feelings: (What am I feeling about it?)

Short Term Solution: (What do I want to do in the short term to make me feel better?)

Long Term Consequence: (How Will that make me feel later, or tomorrow?)

Alternative Behavior: (What else can I do to make myself feel better?)

Alternative Action Log Instructions

The intention here is to help you choose alternatives to disordered eating behaviors.

This log process enables you to make choices and feel in control of your behaviors.

Use this log even after you have acted out in a behavior, this way, you will begin to make connections to how your feelings and behaviors are connected.

- When you feel the urge to binge, diet, or restrict, try to stop for a moment and write your feelings in the “feeling” section.

For Example: “I feel angry at myself, I feel lonely, I feel sad...”

- Next, write down the action you want to engage in under the “action” column.

For Example: “I am going to go on a strict diet or foodplan now, this will make me feel better about myself,”

Or “I want to binge, I am going to go to the store and buy a cake and some ice cream or cookies, I am not going to stop myself.”

- Next, write the consequences to your actions in the “consequences” column.

Example: “If I go on a restriction plan, I know that I will eventually binge and wind up hating myself.”

Or “If I binge I know I’ll end up feeling guilty, shameful, unable to trust myself and out of control. But I might feel better initially and get a relief; it will also taste really good and it can be comforting. But then I’ll feel horrible when it’s all over. It will be worse afterwards than before I started.”

- Next, write down the alternative healthy actions you can take rather than engage in the eating disordered behaviors.

Example: “I will breath deeply into my stomach and repeat affirmations about my worth, for example ‘I am likeable, loveable and perfect the way I am, I accept myself unconditionally.’”

Or, “I will call someone who is supportive and safe to me; I will brush my teeth with baking soda to decrease my binge impulse; I will take a walk and get out of the house.”