

# Binge Eating Disorder

**Table 1: Client Information and Binge Eating Experience**

**Instructions:** Fill out the following information and answer the questions about your binge eating experiences.

Client Information
Name:
Age:
Gender:
Height:
Weight:
BMI:
Contact Information
Email:
Phone:
Address:

Your Binge Eating Experiences	Answer
How often do you experience binge eating?	
How do you feel before, during, and after a binge episode?	
What triggers your binge-eating episodes?	
What foods do you usually binge on?	
How does binge eating affect your life?	
Have you sought treatment for BED before?	

## Table 2: Personalized Recovery Plan

**Instructions:** Use the following table to create a personalized recovery plan by filling out the sections with specific goals and action steps that you can take to address your binge eating.

Goals	Strategies	Action Steps	Timeline

## Table 3: Binge Eating Triggers, Coping Strategies, and Nonfood Alternatives

**Instructions:** Use the following table to identify your binge eating triggers, coping strategies, and nonfood alternatives that you can use to manage your emotions and cravings.

Binge Eating Triggers	Coping Strategies	Nonfood Alternatives

Binge Eating Triggers	Coping Strategies	Nonfood Alternatives

#### Table 4: Self-Image Worksheet

**Instructions:** Use the following table to reflect on how you see yourself before and after the recovery plan/treatment. Fill out this worksheet before starting the plan and periodically throughout your recovery journey to track your progress.

Self-Image Worksheet	Before Recovery	After Recovery
How do you feel about your body?		
How do you feel about your self-worth?		
How do you feel about your relationships?		
How do you feel about your overall well-being?		

Remember, these tables are just tools to help you in your recovery journey. It's important to seek professional help from a qualified healthcare professional for personalized treatment and support. Good luck!