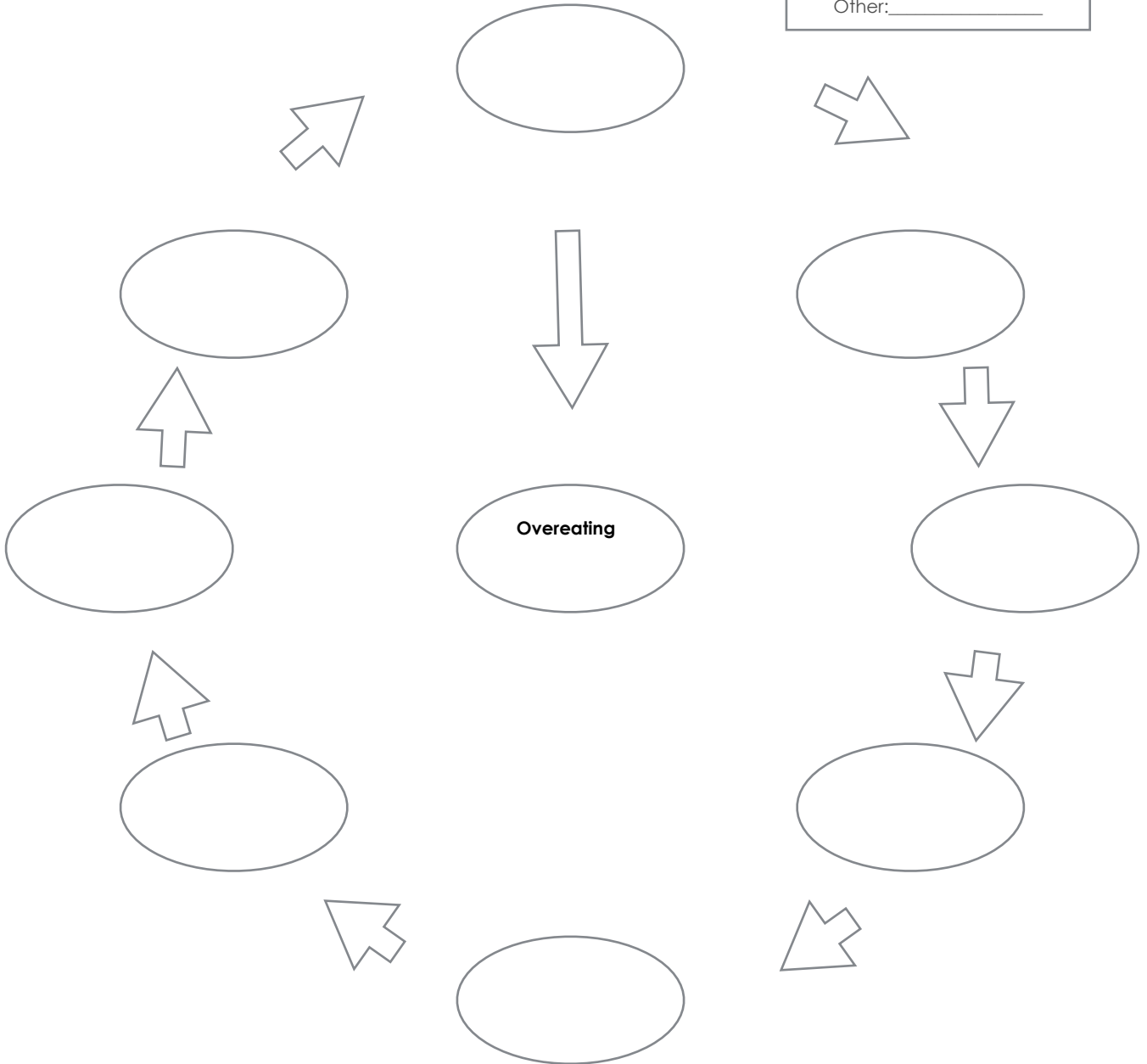


Chaining

Warning Sign List:
I was at risk because of:
Stressful situation, Emotions:
Anxiety, Boredom, Depression,
Anger etc., Tempting Food
Other: _____



Links can include:
Actions
Body Sensations
Thoughts
Feelings
Events

What could you do differently next time?

