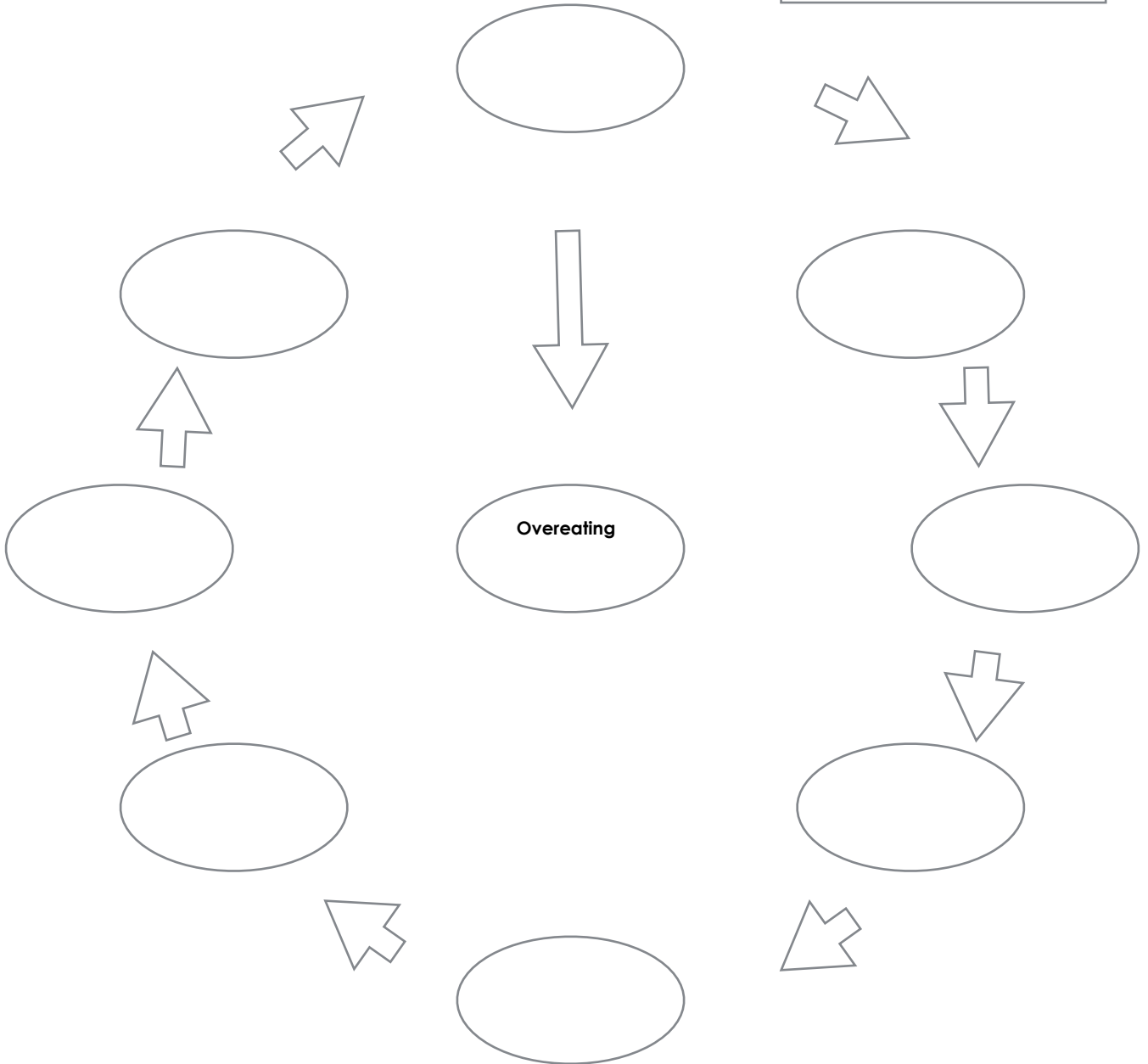


Chaining

Chain Links can include:

- Actions
- Body Sensations
- Thoughts
- Feelings
- Events



What binge warning signs were revealed?

What could you do differently next time?