

Learning from a lapse

Everyone will lapse from time to time and when this does happen it can be helpful to make a record.

This works best if you do it as soon as possible after the lapse occurred, while it is still fresh in your mind. Describing thoughts, feelings and experiences is a lot more accurate if done straight away. The idea is to understand your cravings and explore them with openness and curiosity.

Exploring any cravings can be beneficial. Be kind to yourself, and not judgmental.

Remember, learning is a process, and you can learn a lot from your experiences. These questions can also be filled out for a near-miss, as well as a lapse.

Think back to when you last had a lapse and answer the questions below:

What were you doing when the craving arose? Where? Who with?

What were you feeling when the craving arose?

What were you thinking at the point that the decision was made?

How did you feel whilst eating?

What will you do differently next time?

What self-care activity can you do now to help feel better? E.g. Exercise, meditation, call a friend, take a bath.