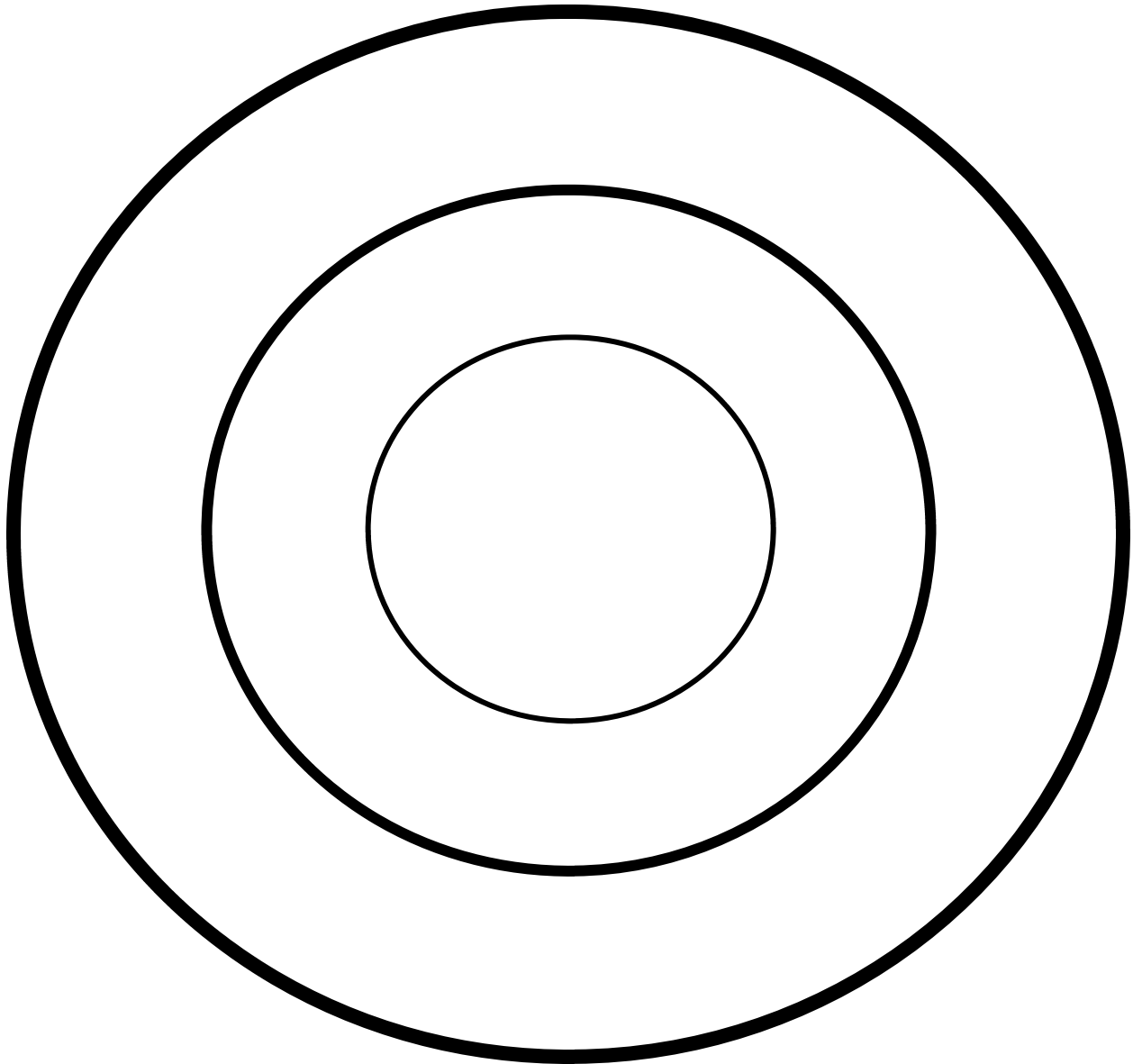


# Defining Your Abstinence



## Outer Circle

List the foods and/or eating behaviors that:

- Don't trigger a binge
- Support a healthy lifestyle

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## Middle Circle

List the foods and/or eating behaviors that:

- Of which we are uncertain
- Have the potential to lead to a binge
- “Boundary foods” that could lead back into the inner circle

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## Inner Circle

List the foods and/or eating behaviors that:

- is off limits to us & must be avoided
- Keep us in isolation & fantasy
- Trigger a binge each time

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