



Interrupting the Binge/Purge Cycle

Goal: Gain a sense of control by choosing when and when you prefer NOT to use behaviors!

- **Look at your schedule**
- **Pick which days you will strive for behavior free days.**

i.e. used behaviors 5 days last week? Then select 2-3 days the coming week to fight urges. Once you've done that two weeks in a row, increase behavior free days by 1 day

