

THE PAUSE SKILL

For Recovery From Binge Eating or Bulimia

1. Pause, take a deep breath

2. Allow space, leave kitchen, delay action

3. Use other coping strategies and statements

Coping Strategies

Coping Statements

4. Separate eating disorder self, thoughts, and urges

Eating Disorder Thought:

Healthy Self Response:

5. Enlist supportive people

Reach Out To: