

URGE CARDS

Adapted from Alsana's Body Embrace Program

NAME:

DATE:

OBJECTIVE: As part of breaking the cycle of acting on ED behaviors in response to negative body image, you can learn skills to help tolerate urges for ED behaviors.

INSTRUCTIONS: Follow steps from Brain Lock (Schwartz, 2013).

Step 1: RELABEL

Recognize obsessive thoughts and compulsive urges to gain a deeper understanding

Step 2: REATTRIBUTE

The goal is to learn to reattribute the intensity of the thought or urge to its real cause, to recognize what the feeling and the discomfort are due to.

Step 3: REFOCUS

In refocusing, you have work to do: You must shift the gears yourself.

Step 4: REVALUE

Do not take the thoughts at face value. By changing your behavior, you find that your feelings also change in time.