

<p style="text-align: center;"><i>Vulnerability Factors</i></p> <p>1. Didn't sleep enough. 2. Extreme anxiety about plan to eat pizza this weekend.</p>	<p style="text-align: center;"><i>Ways to Reduce My Vulnerability in the Future</i></p> <p>PLEASE to address sleep issues. Cope Ahead to plan for eating pizza.</p>
<p style="text-align: center;"><i>Precipitating Event</i></p> <p>Overwhelmed (4/5, F) because I was running late for work. Hadn't done my laundry all week and my usual pairs of work pants weren't clean, so tried on a pair of pants that I hadn't worn in a while and found out they no longer fit (E). Immediate shame (5/5, F) and disgust (5/5, F). My team is definitely trying to fatten me up (C).</p>	<p style="text-align: center;"><i>Ways to Prevent Precipitating Event From Happening Again</i></p> <p>Get rid of clothes that I know don't fit me anymore (Burning Bridges). Use Problem Solving to figure out how to do my laundry more regularly, be more prepared for the workday, and/or get up on time. Check the Facts about my team.</p>
<p style="text-align: center;"><i>Links in the Chain</i></p> <ol style="list-style-type: none"> 1. Breakfast shift was slow today (E). I wonder how I'm going to pay my bills (C). I can't believe how fat I've gotten (C). I can feel my stomach hanging over my waistband (B). I am so disgusting (C). 2. My thigh bumped into a table on the way to drop off drinks, and one of the drinks spilled on the floor (E). Everyone at the table looked irritated, and I heard someone laughing at a different table (E). My heart is racing and my cheeks are turning red (B). I'm sure they are laughing because I am clumsy and fat (C). I feel anxious (4/5) and ashamed (5/5). 3. Went to get a replacement drink, and looked down at my thighs (A). My thighs look so lumpy and gross in these pants (C). 4. Manager stopped me on the way to get the replacement drink and asked if I could pick up additional tables for lunch because we're slammed (E). I won't be able to take a break if I pick up these tables (C). I need money to make up for breakfast this morning, and I clearly don't need more calories from lunch (C). I feel some excitement (3/5, F). 5. Agree to cover the extra tables and my manager says thank you (A, E). Drank Diet Coke instead of eating lunch (A). 	<p style="text-align: center;"><i>Skillful Behaviors</i></p> <ul style="list-style-type: none"> • Wise Mind (Links #4 and #5) • Effectively (Links #4 and #5) • DEAR MAN (Links #1 and #4) • Self-Validation (Link #2) • Check the Facts (Links #2 and #4) • Problem Solving (Link #1) • STOP (Link #4) • Pros and Cons (Link #4) • Paced Breathing (Link #2) • ACCEPTS (particularly Pushing Away, Thoughts, Sensations) (Links #1, #2, and #3) • Mindfulness of Current Thoughts (Links #1, #2, #3, and #4)
<p style="text-align: center;"><i>Consequences</i></p> <p>Immediate: I feel more calm and in control. I figure since I skipped lunch, I might as well skip afternoon snack too. Delayed: I feel like I'm never going to recover. I wonder what my team is going to think.</p>	<p style="text-align: center;"><i>Plans to Repair, Correct, and Overcorrect Harm Caused By My Behavior</i></p> <p>I'm going to practice Radical Acceptance and Self-Compassion rather than beating myself up, and use Dialectical Abstinence and time with my therapist to help get back on track. I'm also going to update my Relapse Prevention Plan based on what I learned from this experience.</p>