

## **HOW I MIGHT PREVENT LAPSE/RELAPSE/COLLAPSE**

Try the suggestions below to help prevent lapse/relapse/collapse. They won't work every time, but they will help!

### **Outlast the Urge**

Urges have been described as being like waves. A wave begins small, builds to a crest, breaks and then subsides. Urges follow a similar course, since they will build, but generally weaken and then fade away. When you identify an urge, prepare yourself for the "crest", and you can simply hold on by your fingernails until the urge passes. The more you practice not giving in to the urge, the better you will do in not giving in.

### **Use Alternative Activities**

Make a list of activities that you could do when tempted. Make them something you will enjoy doing, and it will help if they are incompatible with eating. Keep the list available so when you need it you can choose something else to do.

### **Review Your Commitment to Healthy Eating**

Remind yourself how well you have done, and the progress you have made. Think about how rotten you will feel if you let one lapse cancel out all your hard work. A LAPSE DOES NOT HAVE TO MAKE A RELAPSE OR A COMPLETE COLLAPSE. Review and restate your goal to look and feel better.

### **Take Charge Immediately**

If you do lapse, leave the situation if you can, feed the remaining food to the disposal or otherwise get rid of the food. Now, would be a good time to try some alternative activities to eating. Use your list.

### **Ask for Help**

Ask a partner, friend, co-worker or others for help. Tell them how, and what to do to help you.

### **Avoid a Food or Situation that Triggers Overeating**

- ?? Drive home a different route if the fast food restaurants "call" you.
- ?? Get rid of any tempting foods. Take or send them to the workplace. Give them to a neighbor with a big family, or run water on them.
- ?? DON'T BUY AND BRING HOME FOODS YOU KNOW YOU CAN'T RESIST.