

Homework List For Next Appointment

- Emotional Lifestyle Change Diary
- One Positive Self-Statement/Diary Entry
- Attend Support Group
- Budget/Financial
- Time Management (3 Meals/2-3Snacks)
- Use Pre-Planning/Portion Control
- Increase Self-Care
- Decrease Weight
- Decrease Caffeine
- Eliminate Carbonation
- Eliminate Alcohol/Smoking/Drug Use
- Psych Referral __ Friesen __ Ndubisi
- Replace Emotional Triggers with Positive Coping Mechanisms
- Eliminate Fast Food
- Involvement in Community

Resources: _____

- Set Healthy Boundaries: _____
- No Meal Skipping/Night Eating/Binging
- _____

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