

Worksheet 10.9.2: Communication for managing overeating

SBC, Chapter 13 uses the ABC approach (pp. 192–210) to try to understand how the binge mindset is triggered.

In pairs or as a group think of a scenario in which Edi has told you she is bingeing and purging or use this scenario. Use the ABC approach to come up with a menu of options with Edi.

Scenario

Mum notices that Emma, age 36, has relapsed in to a daily pattern of bingeing and purging. She chooses a quiet and calm moment to discuss this using the communication skills she has learned.

Emma, I notice that you have been bingeing and purging every day this week. I am concerned about this behaviour. The doctor says it disrupts the normal appetite control system, which makes it difficult for you to get control over your eating. I would like you to take more care of your nutritional wellbeing. I believe you are capable of making a plan to decrease bingeing and I am very happy to help you with that. I realise you are the only person who can decide to stop bingeing or not and it must be really rough for you. Perhaps it would be helpful for you to explain to me some of the things that trigger a binge, or some of the obstacles you might envisage in making a plan to stop bingeing. You are such a courageous person and I love you very much and I know you can do it.

Table 10.7 Blank functional analysis table for Emma

Antecedent	Behaviour	Consequence
	Emma binges and purges several times a day	

Imagine that Edi has filled in the ABC chart with you. Write down phrases that would show that you acknowledge that this behaviour has many benefits for Edi and acknowledge the challenges Edi is facing.

Menu of options

Help Edi to come up with some ideas: Bulimia and binge eating disorder often come with a high level of shame both for the sufferer and the rest of the family. In the same way that starvation serves a purpose for the anorexia sufferer, overeating serves a purpose for the bulimia/binge eating disorder sufferer. Recognition of the positive consequences, as well as exploring the negative, and of the challenges Edi faces to break these habits is crucial. Negotiated solutions/options are much more likely to be successful than rules which are enforced on Edi. A food diary can be a good starting point