

## *Binge Log*

Date

Intensity 1 - 10

Situation

Mood before binge eating

Thoughts while binge eating

Feelings after binge eating

Thoughts after binge eating

In retrospect: fear or hurt feelings before binge eating

*Gudrun Zomerland, MFT*

707-575-8468 415-446-5532

[www.chinnstreetcounseling.com](http://www.chinnstreetcounseling.com)