

Deprivation Journal Prompts

Answer the following questions:

- 1) Do you ever eat something and feel full but not satisfied? Do you ever eat something and feel satisfied but not full? Describe the difference.
- 2) Describe a meal or snack that you felt was satisfying but was not filling. Describe a meal or snack that you felt was filling but not satisfying.
- 3) Imagine the last time you ate a meal and felt truly satisfied. Where were you? Who were you with? What was the environment like? What foods did you eat? Consider ALL these factors. Identify what factors contribute to your sense of satisfaction.
- 4) What happens if you eat a meal that is not satisfying? How do you feel? What happens to your eating afterwards?
- 5) Not every meal you eat will be the best meal of your life, in fact, some meals are just okay. What skills can you use to tolerate meals that are “just okay” or even disappointing?

Deprivation-sensitive bingeing is triggered by psychological deprivation (aka dietary restraint), not by dietary restriction. Deprivation is characterized by a sense of wanting or needing something but not knowing just what it is. **Feeling deprived is a powerful trigger for binge eating, but feeling deprived doesn't mean you *have to binge*.** Learning to tolerate deprivation is an important recovery tool because not all meals will be 100% satisfying.

When you plan meals for home, consider the **“SATISFACTION FACTOR.”** What can you do to create a satisfying meal experience for yourself *most of the time*? What tools can you use to help you tolerate the feeling of deprivation that you will experience after some meals?

Remember, deprivation is just a feeling and feelings are okay. It is how you respond to your feelings that matter!