

# Falling Forwards plan

Healing from chaotic eating takes time; it is not always possible to avoid returning to familiar eating behaviours in times of crisis. The falling forwards plan can support you to prevent a blip turning into a relapse.

If you do use chaotic eating behaviours, try not to be hard on yourself. If you have a bad day try to forgive yourself and put it behind you, taking time to learn from it. Blips are a normal part of healing so remember to treat yourself with compassion if they do happen.

**HEALTHY AND HEALING BEHAVIOURS THAT I WILL MAINTAIN OR RETURN TO AT THE FIRST SIGN OF CHAOTIC EATING**

**HIGH RISK SITUATIONS THAT INCREASE MY RISK OF CHAOTIC EATING**

**EARLY WARNING SIGNS OF A USING CHAOTIC EATING AS A PRIMARY COPING MECHANISM**

**HEALTHY WAYS OF COPING THAT I WILL USE IN TIME OF CRISIS**

**SUPPORT NETWORK I CAN REACH OUT TO IN TIMES OF CRISIS**