

Binge Hierarchy

Consider specific foods, environments, cues that trigger the urge to binge

RATING	SITUATION, FOOD, SCENARIO	PLANNED ERP
0	Relaxed, no urges	
1		
2		
3	Minimal urges to binge	
4		
5	Moderate urges to binge	
6		
7	Very triggered to binge	
8		
9		
10	Perceived lack of control, extremely triggered to binge	