

EXCEPTION PLAN

Needs to be created 24 hours ahead of time. No exceptions.

Date of Exception:

Why am I making this exception?

Action plan on exception day:

Consequences I'm signing up for:



EXCEPTION PLAN

SAMPLE EXCEPTION PLANS

Date of Exception:

November 7th

Why am I making this exception?

Family trip for dad's birthday that includes wine tasting. I want to drink wine and will also enjoy the buffer of comfort with my family because of the negative emotions, which I will work on while I am there.

Action plan on exception day:

I will drink a maximum of three glasses of wine and no more.

Consequences I'm signing up for:

I will feel terrible the next day physically and that's OK. I know I will sleep terribly. I will do my best to drink lots of water and stop drinking early so it won't affect me as much.

Date of Exception:

June 3rd

Why am I making this exception?

It's my birthday dinner.

Action plan on exception day:

I will order one entrée off the menu with no regard protocol, and I will eat as much of it as I want. I will have up to two glasses of wine. I will choose one dessert and eat as much as I want and allow myself of bite of other's desserts if they offer.

Consequences I'm signing up for:

I will gain a few pounds and most likely feel terrible the next day. This is all I will eat that night.

