Trigger

Positive Metacognition: Perseverating on negative internal experiences helps to control my eating and work through things

Cognitive-attentional syndrome (CAS)
- Perseverative negative thinking
- Attending to internal experiences, food/eating and body

Negative Metacognition: Internal states are uncontrollable, confusing and bad

Positive Metacognition: I need to implement coping strategies to control my internal experiences

Cognitive coping strategies: Distraction, suppression/avoidance, analysing thoughts

Behavioural coping strategies: Restriction, binge-eating, purging, withdrawal

Distress