

Emotional Eating

Have you ever used food as a way to cope with your feelings? Write down what foods you associate with each feeling. Also, write an alternative behavior or action you could do to avoid emotional eating. Take note of any emotional eating during the week. Be sure to include how you were feeling, what events set it off, and what you ate. Finally, write a plan to help you avoid emotional eating in the future.

Feeling	Food Eaten	Alternative Behavior
Happy		
Disappointed		
Worried		
Excited		

Day	Feelings	Event	Food Eaten

Plan to avoid emotional eating in the future: _____
