**EMOTIONAL EATING WORKSHEET**

Are you an emotional eater?

You may be if you eat to fill an emotion such as loneliness, boredom, sadness and stress.

EMOTIONAL EATING EXPERIENCES

Some examples of emotional eating experiences are listed below. Tick any that apply to you:

I eat when…

* I’m home alone
* I’m trying to pass the time
* Something sad happens in my day
* Someone comments on my weight
* I’ve had a hard day at work
* I see photos of myself
* I’m watching TV
* Other:
* Other:
* Other:

Choose your biggest emotional eating experience (trigger) and describe in more detail what happens in that moment.

EMOTIONAL EATING FOOD TRIGGERS

Do you have ‘go to’ foods that you emotional eat on (trigger foods)? They may be foods that you identify as ‘bad foods’, ‘fattening foods’, ‘forbidden foods’, ‘junk foods’, ‘foods I crave’. Tick any that apply.

* Chocolate
* Chips
* Candy
* Peanut butter
* Bread
* Cheese
* Alcohol
* Other:
* Other:
* Other:

*Action: Keep these foods out of your house but give yourself permission to eat these foods out in public.*

ALTERNATIVE WAYS TO DEAL WITH TRIGGER EXPERIENCES

Food will always be the most satisfying when it comes to soothing emotions. That’s because food and our emotions have been linked since birth (mother and milk).

However, what once served us well is not serving us now. So it’s a good idea to find alternatives that will work for you. In addition to keeping trigger foods out of your home, some other ideas are listed below.

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| **Trigger experience** | **Alternative** |
| I’m home alone | Find company – over the phone, on social media, visit a friend. |
| I’m trying to pass the time | Write a list of things you’ve always wanted to do but never find the time to do them, like reading a book, then do it. |
| Something sad happens in my day | What else makes you happy? Play with your pet, children/grandchildren, watch a funny show, take a long shower. |
| Someone comments on my weight  | Have a hard conversation with this person and let them know that while their intentions are probably good, for you it makes it worse and to please stop. |
| I’ve had a hard day at work | Take 5 minutes for yourself. Have a cup of tea, take a shower, breathe deeply. |
| I see photos of myself | If they make you upset, put them away and practice self-compassion. |
| I’m watching TV | Have a cup of tea instead. Or turn the TV off and go to bed. Most of us stay up too late and don’t get enough sleep anyway. |

Now it’s your turn to put your ideas to paper:

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| **Trigger experience** | **Alternative** |
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