



WEEKLY EMOTIONAL EATING REVIEW

LOOK BACK OVER THE PAST WEEK, ANALYZE YOUR LOG AND PICK OUT PATTERNS. THIS MAY DREDGE UP RAW EMOTIONS BUT AIDS IN PERSONAL GROWTH AND ALLOWS YOU TO ADDRESS YOUR INNER STRUGGLES.

1) What time of day do you seem to struggle the most with emotional eating?

2) Looking back, were you honest with your level of *physical* hunger?

3) What, if any, is your go-to comfort food that you crave when you eat emotionally?

4) What, if any, environment triggers your emotional eating?

5) What specific mood or emotion triggers your emotional eating?

6) What might be causing that emotion? (A fear, childhood experience, loss)

7) How, if at all, do you plan on working through the root of the emotion?

8) What alternatives to eating did you try that DID NOT work?

9) What alternatives to eating did you try that DID work?

10) Now that you're familiar with your patterns:

Write Down Your Top Emotional Triggers:

- 1) _____
- 2) _____
- 3) _____

Write Three Alternatives or Tactics to Eating that You Can Use this Upcoming Week:

- 1) _____
- 2) _____
- 3) _____

11) What improvements have you made over the past week regarding your emotional eating?

Set ONE REALISTIC Goal for Next Week: If you are just beginning, your goal may be broad such as making healthier choices when emotionally eating or seeking professional help. As you progress, your goal may increase to the specific number of times you emotionally eat.
