

# Emotional Eating Worksheet

<b>Name:</b>	<b>Date:</b>
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This worksheet is designed to assist you in understanding and managing any emotional eating behaviors. It offers a structured approach to identifying triggers and cyclical emotional eating behavior and develops healthier coping mechanisms.

Work through these activities at your own pace. It is important to approach them as positively as you can. Work with your therapist to identify and manage any feelings that come up as you complete the worksheet.

## Identifying emotional eating

**Do you find yourself eating or looking for food even when you are not hungry?**

- Yes
- No
- Unsure

**(If yes):** Are there any particular feelings you notice that are associated with this behavior? Do you feel you have conscious control over this behavior?

**Do you find yourself snacking more when you are alone or eating more when you are at home?**

- Yes
- No
- Unsure

**Do you routinely 'clean your plate' even if you are full?**

- Yes
- No
- Unsure

**(If yes):** How do you feel (emotionally and physically) after you engage in these behaviors?

**When you overeat, do you find yourself thinking about it almost obsessively for a while afterward?**

- Yes
- No
- Unsure

**Do you pay attention to whether you are hungry or full before eating?**

- Yes
- No
- Unsure

**Do you have a hard time recognizing when you are physically full?**

- Yes
- No
- Unsure

**Do you eat when you are stressed, even if you are not hungry?**

- Yes
- No
- Unsure

**Does your appetite change when you are stressed, sad, or angry? If so, how?**

### **Distinguishing between hunger types**

**List the physical sensations associated with hunger. Reflect on where in the body you feel 'hungry.' Physical hunger is usually felt in the stomach. Emotional hunger might be felt in the chest, throat, head, or mouth.**

**Are there particular foods you crave when you feel a particular way emotionally or when you feel hunger in a particular part of your body?**

## Identifying triggers

Check any that you feel apply to you. For each trigger that you check, write down any feelings or experiences that are more often than not associated with that trigger. These may be emotions that occur before or after you act upon the trigger or events that lead to you feeling or being exposed to that trigger.

**Hunger**

**Sensory gratification**

**Boredom/restlessness**

**Punishment**

**Anger/frustration**

**Pressure from others**

**Loneliness**

**Anxiety**

**Happiness**

**It looks/tastes good**

**Celebration**

**Availability**

**Social events**

**Watching others eating**

<input type="checkbox"/> <b>Comfort</b>	
<input type="checkbox"/> <b>Tiredness/fatigue</b>	
<input type="checkbox"/> <b>Reward/bribery</b>	
<input type="checkbox"/> <b>Stress</b>	
<input type="checkbox"/> <b>Time of day</b>	
<input type="checkbox"/> <b>Distraction</b>	
<input type="checkbox"/> <b>Food advertising</b>	
<input type="checkbox"/> <b>PMS</b>	
<input type="checkbox"/> <b>Depression</b>	
<input type="checkbox"/> <b>Sedation/‘food coma’</b>	
<input type="checkbox"/> <b>Procrastination</b>	
<input type="checkbox"/> <b>Pain</b>	
<input type="checkbox"/> <b>Cravings</b>	
<input type="checkbox"/> <b>Low blood sugar</b>	
<input type="checkbox"/> <b>Other:</b>	

**Of these (or any others you can think of), what do you think are the three triggers that are the most significant for you or that you encounter most frequently?**

1.

2.

3.

**Describe the patterns associated with these triggers and the emotional eating behaviors they precipitate:**

### **Strategies to manage emotional eating**

Work with your therapist to identify strategies to limit emotional eating or to alternative ways to manage difficult emotions. These may include seeking non comfort food first, pausing for 10 minutes before eating to distinguish emotions from physical hunger, seeking support for emotional distress, finding distractions, or having more regular, planned and full meals.

### **Healthcare professional notes**

**Name:**

**Date:**