Emotional Eating Worksheets

PERSONAL INFORMATION

Name: _____ **Date:** _____ dd / mm / yyyy

This worksheet is designed to assist you in understanding and managing your emotional eating behaviors. It offers a structured approach to identify triggers, record eating patterns, and develop healthier coping mechanisms.

IDENTIFYING EMOTIONAL EATING

Emotional eating often occurs in response to feelings like stress, boredom, or joy, rather than physical hunger. Use this section to explore whether your eating habits might be emotionally driven. Answer the following questions, considering what happens most of the time. If you answer 'yes' to three or more questions, you might be engaging in emotional eating.

Do you eat when you are not hungry?

◯ Yes ◯ No

Do you tend to snack more when you are alone?

◯ Yes ◯ No

Do you eat more when you are at home?

◯ Yes ◯ No

Is it a habit to snack at a certain time of the day?

◯ Yes ◯ No

Do you treat yourself routinely with food?

◯ Yes ◯ No

Is eating a favorite food one of the most pleasant things you do for yourself?

◯ Yes ◯ No

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

◯ Yes ◯ No

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

◯ Yes ◯ No

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

◯ Yes ◯ No

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

◯ Yes ◯ No

Do you 'feel' hunger in your mouth, rather than your stomach?

◯ Yes ◯ No

DISTINGUISHING BETWEEN HUNGER TYPES

Reflect on where in your body you feel hungry. Physical hunger is usually felt in the stomach. Emotional hunger might be felt in the chest, throat, or mouth.

Physical Hunger Location

Emotional Hunger Location

DIFFICULTY STOPPING AT 'COMFORTABLE FULLNESS'

Reflect on your ability to stop eating once you're comfortably full.

Do you often eat past the point of comfortable fullness?

◯ Yes ◯ No

Reasons for Eating Past Fullness

EMOTIONAL EATING TRIGGERS WORKSHEET

This part of the worksheet is designed to help you identify specific triggers that may lead to emotional eating. Recognizing these triggers is an essential step in managing your eating habits more effectively.

IDENTIFYING YOUR TRIGGERS

Identifying Your Triggers

- ☐ Hunger
- ☐ Boredom/Restlessness
- ☐ Anger/Frustration
- ☐ Loneliness
- ☐ Happiness
- ☐ Celebration
- ☐ Social Events
- ☐ Comfort
- ☐ Tiredness/Fatigue
- ☐ Stress
- ☐ Distraction
- ☐ PMS
- ☐ Sedation/"Food Coma"
- ☐ Pain
- ☐ Low Blood Sugar
- ☐ Sensory Gratification
- ☐ Punishment
- ☐ Pressure from Others
- ☐ Anxiety
- ☐ It Looks/Tastes Good
- ☐ Availability
- ☐ Others Eating
- ☐ Habit
- ☐ Reward/Bribery
- ☐ Time of Day
- ☐ TV Ads
- ☐ Depression
- ☐ Procrastination
- ☐ Cravings

Other: _____ Other: _____

MY TRIGGERS TO EAT AND STRATEGIES TO MANAGE EMOTIONAL EATING

This section is designed to help you articulate your personal triggers for emotional eating and to develop effective strategies or alternatives to manage these triggers.

My Triggers to Eat

My Strategies/Alternatives to Emotional Eating

DEVELOPING A HEALTHIER RELATIONSHIP WITH FOOD

This section is aimed at helping you become more aware of your relationship with food. By paying attention to patterns, triggers, and responses, you can increase your awareness and make more conscious choices.

Steps to Increase Awareness and Change Habits

1. Self-Monitoring - Observe and note patterns in your eating behavior. Look for triggers, situations, and habitual responses.

Self-Observation Notes

2. Pause Before Eating - Check-In Question: Is my hunger physiological or psychological?

Hunger Assessment

3. Distinguishing Emotions from Hunger - Manage emotions using non-food coping techniques. Identify feelings and needs instead of turning to food.

Emotional Awareness

4. Developing Incompatible Responses - Change your routine to avoid habitual eating responses. Substitute competing behaviors.

New Behaviors/Routines

5. Seeking Non-Food Comfort - Find comfort in activities other than eating. Use a list of pleasant activities for ideas.

List of Pleasant Activities

6. Dealing with Feelings Directly - Allow yourself to experience emotions without judgment. Use coping thoughts and positive self-talk.

Coping Thoughts and Self-Talk

7. Finding Different Distractions - Engage in pleasurable activities other than eating and TV to distract from cravings.

Alternative Activities

8. Regular and Planned Eating - Eat regular meals and snacks, limit unplanned eating, and don't let yourself get too hungry.

Meal Planning

9. Managing Cravings and Stress - Learn to tolerate cravings and manage stress without using food.

Stress Management Techniques

10. Finding Support - Establish a support system that reinforces your goals.

Support System