

EMOTIONAL EATING WORKSHEET

Emotional eating, using food to manage your feelings, is a behavior that is learned and can be unlearned.

Complete the following using this example:

“When I feel sad, I eat ice cream to soothe myself. I learned to do this when I was a child and Grandmother gave us ice cream anytime we were distressed. As an adult, ice cream just seems to make things better. Instead of eating ice cream when I am sad, I could go outside and swing on the porch – that also reminds me of Grandmother.”

When I feel _____, I eat _____ to _____
_____. I learned to do this _____
_____. As an adult,
_____. Instead of
eating _____ when I am _____, I could _____

_____.

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_____.