

Food-Emotion Reaction

This worksheet is designed to help you identify “triggers” that provoke bingeing and/or emotional eating, and to assist you in finding ways to overcome emotional eating. Print some out (and/or make photocopies) and keep them stashed in the kitchen, at work, in your purse, in your car, etc. Fill one out whenever you experience a food-emotion reaction. Do it as soon as you can after experiencing the food-emotion reaction. Try to go for this form instead of the food (at the Reaction stage), so you can head off a binge, rather than write about it later.

Situation: Describe in detail what happened (who was there, who said what, etc.)

Emotion: Describe in detail how you felt (angry, embarrassed, etc.). Act as investigator, not fault-finder. You want to identify and “own” the feelings of the moment- without judgment.

Reaction: Describe in detail what you did in response (yelled at kids, then binged on Oreos, etc.)

Result: Describe in detail how you felt after your reaction. Again, you are looking to identify emotions. Reserve judgment for a later time.

Progress: Describe in detail how you have improved over the last time a similar situation happened.

Future: Describe in detail what you will do differently next time (make a specific plan of action)

Situation: _____

Emotion: _____

Reaction: _____

Result: _____

Progress: _____

Future: _____

If you notice that you tend to use food in reaction to your emotions (for comfort, soothing, relieve boredom, etc.), you may find it helpful to start a separate journal where you can get into detail and work through some things that are acting as an obstacle to your fitness goals.