HOW IT FELT · EMOTIONAL EATING JOURNAL

When it wasn't about hunger

Week of _____

WHEN	WHAT WAS GOING ON	FEELING	HUNGER 1–10	WHAT I MIGHT HAVE NEEDED
				Rest Comfort Company A break Distraction Celebration Food
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Feeling words, if it helps: Sad · Angry · Anxious · Frustrated · Overwhelmed · Guilty · Stressed · Neutral · Relaxed · Curious · Bored · Tired · Nostalgic · Hopeful · Happy · Excited · Grateful · Confident · Content · Proud · Calm

Was there a time of day, a place or a person that came up more than once?

Which feeling showed up most? What usually helps with it, food or otherwise?

One thing I could offer myself next time — alongside the food, not instead of it: