



Understand & Addressing Emotional Eating

Why We Stress Eat and Methods to Address our Triggers

- What is emotional eating? _____

- We are using _____ to _____ that it can't solve.
- Is it ok for food to cause emotions? yes _____ no _____
- Sometimes when we have emotional eating challenges, it's helpful to partner up with a _____ and a _____.
- What challenges or problems have you noticed?: _____

Looking for individual support?
Check out:



● What triggers have you noticed? What emotions do you feel?:

● What do you say to yourself?:

● Any food "rules" you follow?:

● The most important thing to remember is

● Write down some tactics that you'd like to test out:

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