

# Emotional Eating

Do this worksheet each time you eat off plan, eat when you're not hungry, or overeat. Remember, by doing this worksheet you are agreeing to let go of any shame, guilt and fear you are feeling. You're working on learning about yourself and finding solutions.

What I ate

Where and when I ate

These were the reasons I ate

- 1
- 2
- 3

I ate because I was telling myself...  
(e.g. I had a bad day, I deserve this, etc.)

**Remember**, eating off plan always starts with a thought.

Looking back, was I blaming, excusing, or justifying?  
If yes, what would I like to think instead?

What I ate

Where and when I ate

The most important thing I learned from eating off plan today is...