

Your Stress Eating Assessment-Page 27

Which of these areas are likely to provoke stress and emotional eating in you?

Personal stress

- Self-image*
- Self-judgment and guilt*
- Relationships*
- Health*
- Work*
- Not enough time*
- Other* _____

Family stress

- Lack of connection*
- Communication issues*
- Too many expectations*
- Judgments and blame*
- Other* _____

Friends or Associates stress

- Communication issues*
- Too many expectations*
- Loneliness*
- Boredom*
- Other* _____

Job stress

- Difficult boss and/or co workers*
- Unrealistic expectations*
- Perfectionism*
- Feelings of overwhelm (deadlines, priorities, overload, etc.)*
- Lack of control*
- Judgments and blame*
- Other* _____

What else triggers stressful feelings that result in emotional eating for you?

Stress Emotions Worksheet-Page 29

The following is a list of feelings and attitudes that create stress. Circle the ones that you experience a lot of the time.

- Angry
- Bored
- Lonely
- Deprived
- Impatient
- Irritated
- Frustrated
- Worried
- Anxious
- Depressed
- Insecure
- Perfectionism
- Being Judgmental
- Resistance
- Rebellion
- Guilt
- Blame
- Other _____

Now ask yourself how often you feel these attitudes and feelings during a day or a week? What do you do when you feel them? Do you try to shove them aside? Do you brood over them? Do you judge or blame others or yourself? Fill in the following worksheet to get a clear picture.

Stressful emotion or attitude	How often?	What do you do?

How Do You Eat Emotionally?-Page 53

Identify some of the main characteristics of your emotional eating habits. Below are some common emotional eating patterns. Think back over the last week and the last month to see which ones apply to you. See if you can identify what feelings triggered the pattern and write them down.

Eating Pattern

Emotional Trigger

You ate when you weren't hungry

Loneliness? Boredom? Insecurity? Other?

You skipped meals and binged on snacks

Frustration? Overload? Other?

You went on an eating splurge

Relationship stress? Disappointment? Other?

You kept a hidden stash of food

Insecurity? Rebellious? Other?

You sneaked food when no one was around

Tension? Embarrassment? Other?

You did "yo-yo" dieting

Felt imbalanced? Stress got to you? Other?

List other emotional eating patterns or other emotional triggers that you have that are not on the lists above:

_____	_____
_____	_____
_____	_____
_____	_____

Now, write down any new insights you've gained from this exercise.

Next, list your favorite comfort foods. What types of feelings do eating comfort foods bring you? Right before eating them? While eating them? After eating them?

Comfort foods I eat the most

Feelings they give me

_____	_____
_____	_____
_____	_____
_____	_____