



The Journey To Health and Well Being Begins Within

innerstatecoaching

What's Eating You?

Keeping a food journal is the first important step in **becoming aware of why you eat what you eat**. Think of this as an exploration in gathering information about your eating habits, patterns, **and the associated thoughts and feelings** you have when you eat.

Once you understand the underlying emotional motivation for eating, you no longer eat out of reaction but instead, out of conscious choice. You have complete control of **what** you eat and **when** you eat it with the understanding of **why** you're eating.

This information is needed for the other emotional eating strategies in this course, so the more honest you are with yourself (remember, nobody will see this except you), the quicker and more effective each of the other strategies will be.

Below is a template that you can print out or use as a guideline for what to write in your personal food journal. Use it every time you eat.

What Did I Eat?

Time:

Food:

Portion:

Why Did I Eat? (check any that apply)

- Boredom
- Lonliness
- Anger/Frustration
- Anxiety
- Depression
- Stress
- Celebration
- Reward
- Social Pressure/ Want To Fit In
- Self-doubt
- Assert my independence
- Avoid other issues in my life

How Do I Feel About Myself Now (after eating)?

What Are My Most Dominant Thoughts About Eating?

