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Emotional Eating Worksheet

1	2	3
Triggering Event/Situation (trigger may be a feeling)	Beliefs	Consequences
WHAT was I doing? WHO was I with? WHERE was I? WHEN was it?	Thoughts and/or Images What was going through my mind at the time?	Emotions Describe in words and rate intensity 0-10 (10 highest)
	Meanings and Interpretations What did this say or mean about me? What's the worst thing that could happen?	Physical Sensations What did I feel in my body?
		Actions & Urges What did I do? What did I feel like doing?

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