

Getting Back Up Again

How did I feel when I engaged in the food-related behavior? _____

What happened that caused me to feel that way? _____

Is there anything I can do to help me avoid that particular event in the future? If so, what can I do? _____

Whether it's the same event or something else that causes me to feel this way, what can I do instead of engaging in a food-related behavior? _____

Have I found effective ways for me to work through my emotions? _____

If so, what works well for me? _____

If not, will I reach out to find what works for me? _____