

Freedom from Emotional Eating; *Changing your relationship with food*



Diet and Body Image History

Consider the questions below and jot down what comes to mind.

1. How long have you had problems with food? When did they start? What sort of problems are they?
2. How long have you had concerns about your size or your weight? When did this start?
3. Have you ever been bulimic and /or anorexic? If yes please give details.
4. What is your diet history?
5. What was going on in your life around the time that these issues began?
6. What was going on in your life when you noticed that you were putting weight on? (if different from above)

