

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



What is food to me?

Consider the questions below and jot down what comes to mind, please try not to censor what you write; this is all about you and beginning to understand what is going on for you. You may need more time to complete this, so do your best for now and spend some time finishing it at home.

1. What role does food play for you? When/how do you use it? It can be multi-faceted, so please jot down each aspect.

2. a) What else would you like to do with your time/thoughts/energy if you didn't think / focus on or worry about food anymore?

- b) Is there anything uncomfortable that would require/demand more attention?

3. What foods/drinks do you use to comfort yourself?

4. How do you *feel* about the food groups below? How much do you consume over a typical day/week? When do you tend to consume them and what's your motivation?

Sugary Snacks/Drinks:

Feelings-

Amount consumed-

When and why-

Savoury Snacks:

Feelings-

Amount consumed-

When and why-

Carbs (bread/pasta etc):

Feelings-

Amount consumed-

When and why-

Fruit:
Feelings-

Amount consumed-

When and why-

Veg:
Feelings-

Amount consumed-

When and why-

Meat & Poultry:
Feelings-

Amount consumed-

When and why-

Fish:
Feelings-

Amount consumed-

When and why-

Pulses & Grains:

Feelings-

Amount consumed-

When and why-

Dairy:

Feelings-

Amount consumed-

When and why-

Nuts & Seeds:

Feelings-

Amount consumed-

When and why-