



Behavior Awareness Journal

HOW TO USE

Even though emotional eating *seems* spur-of-the-moment, it's really not. The stage gets set long before you dive into that ice cream.

This journal will help you become more aware of what's going on so that you can break the chain before you're surrounded by empty bags.

What do your "episodes" have in common? Time of day? Situation? Type of food? Specific person? Feeling a certain way?

Describe in as much detail as possible what you are/remember experiencing, at each stage.

Then **go back and review**. Look for commonalities. Look at the steps that lead to the final result.

When you understand the process and patterns, you can break the cycle and get a different outcome.

Use this journal as a template every time you have an episode of emotional eating or not following the food plan you made for yourself.

Be honest and thorough. You're collecting *data* so that you can analyze your own patterns..and develop strategies to deal with them in ways that don't involve food.



Behavior Awareness Journal

2-3 HOURS BEFORE

What are you doing?

Time:

Blank grey area for writing the answer to 'What are you doing?' and the time.

What are you thinking?

Blank grey area for writing the answer to 'What are you thinking?'.

What are you feeling physically?

Blank grey area for writing the answer to 'What are you feeling physically?'.

What are you feeling emotionally?

Blank grey area for writing the answer to 'What are you feeling emotionally?'.

Where are you?

Blank grey area for writing the answer to 'Where are you?'.

Who are you with?

Blank grey area for writing the answer to 'Who are you with?'.



Behavior Awareness Journal

IMMEDIATELY BEFORE

What are you doing?

Time:

Blank grey area for writing the answer to 'What are you doing?' and the time.

What are you thinking?

Blank grey area for writing the answer to 'What are you thinking?'.

What are you feeling physically?

Blank grey area for writing the answer to 'What are you feeling physically?'.

What are you feeling emotionally?

Blank grey area for writing the answer to 'What are you feeling emotionally?'.

Where are you?

Blank grey area for writing the answer to 'Where are you?'.

Who are you with?

Blank grey area for writing the answer to 'Who are you with?'.



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IN THE MIDDLE OF IT

What are you doing?

Time:

Blank grey area for writing the answer to 'What are you doing?' and the time.

What are you thinking?

Blank grey area for writing the answer to 'What are you thinking?'.

What are you feeling physically?

Blank grey area for writing the answer to 'What are you feeling physically?'.

What are you feeling emotionally?

Blank grey area for writing the answer to 'What are you feeling emotionally?'.

Where are you?

Blank grey area for writing the answer to 'Where are you?'.

Who are you with?

Blank grey area for writing the answer to 'Who are you with?'.



Behavior Awareness Journal

IMMEDIATELY AFTER

What are you doing?

Time:

Blank grey area for writing the answer to 'What are you doing?' and the time.

What are you thinking?

Blank grey area for writing the answer to 'What are you thinking?'.

What are you feeling physically?

Blank grey area for writing the answer to 'What are you feeling physically?'.

What are you feeling emotionally?

Blank grey area for writing the answer to 'What are you feeling emotionally?'.

Where are you?

Blank grey area for writing the answer to 'Where are you?'.

Who are you with?

Blank grey area for writing the answer to 'Who are you with?'.