

CBT For Overeating Worksheet

Answer the questions about your overeating patterns in the table given in the worksheet.

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| How many times a day do you eat a proper meal? | |
| Can you tell roughly how much time gap is there between your meals? | |
| Do you try to adopt healthy food choices? | |
| Have you gained weight some time ago? | |
| Do you binge eat when you are stressed out or happy? | |
| Do you feel nauseous when you overeat? | |
| Do you feel heavy or bloated when you overeat? | |
| Do you have any health issues due to your overeating? | |
| Do you stress about your weight? | |
| Do you work out on a daily basis? | |
| Do you feel guilty after you overeat? | |