

WORKSHEETS FOR EATING DISORDERS:VERSION 2

Fill the worksheet below and write down your own thoughts and feelings.

Situation (Triggering factors)	Symptoms (Emotional & Physical in your body) Emotions – (Rate 0 – 100%) Body sensations What did I notice in my body? Where did I feel it?	Dysfunctional Thoughts (Thoughts/ images)		Alternate Healthy Thought	Outcome What’s the best response? Re-rate Emotion 0-100%
		Facts that provide the evidence for the dysfunctional thought	Facts that provide evidence against the unhelpful thought	How can I see the situation in another way? Is my reaction in proportion to the actual event?	

Tips to avoid stress eating:

Don’t be alone; talk to others.

Tell somebody that you have desires to engage in binge eating; call a friend or help. Share with them what you're experiencing. The best thing about sharing is that when you begin to discuss what you're thinking and feeling, your urges start to vanish.

Engage your mind

Whenever you think about engaging in emotional eating, do something which involves mental work. Call a companion. Go to any place that doesn't let you do stress eating.

15-30 minutes rule

Most Cravings and urges regarding emotional eating typically go for under 15 to 30 minutes. At the point when you feel the urge, it seems like an unfathomable length of time. However, if you can keep yourself occupied and do the things you should do, it'll rapidly be gone.

Take Snacks

Whenever you feel like indulging in emotional eating, start taking snacks in small portions to keep your mind busy. Rather than binge eating, it is better to eat food in a small amount.