EMOTIONAL EATING DIARY

Whenever you eat for reasons other than feeling hungry try and identify what it was that caused you to eat and write it down. You should be able to identify the main things that cause it and then work out an alternative action that you can take to stop you doing it next time. Include things such as where you were, who you were with, when it was, what emotion you were feeling such as bored, depressed, sad, lonely etc. and any other comments that you think are applicable.

Where	Who	When	Emotion	Comments

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