

What Do I Feel?

Whenever your emotions are making you want to eat, take a few minutes to complete this exercise before you head for the refrigerator.

In the left column, begin writing words that describe your feelings about a situation, person, or event. For each feeling word, under the heading “because,” add a reason or an explanation of why you feel this way.

Use whatever words come to mind to describe your emotions and the reasons behind the them. You can repeat words such as “angry” as often as you like, just add a different explanation each time. To help you identify exactly what you are feeling, refer to the list of emotions on the next page of this worksheet.

Keep your list simple, using one or two words to identify each feeling and a short phrase to describe why you feel that way. Feel free to identify just a couple of feelings or to fill an entire page with your list.

I Feel...	Because...
_____	_____
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Once you finish, read over your list and make sure you’ve been accurate and completely addressed the situation. Then select the four most significant feelings currently affecting you, then choose the two strongest emotions from those four. Finally, pick the top one from those two.

Write it here: _____

This is the emotion you need address quickly in order to prevent yourself from eating to cope with your feelings. So do anything you can to find relief or an outlet for that feeling. Take a walk, listen to music, talk to someone about it, just don’t go near the refrigerator or cupboard until you have let go of that emotion.

Ways to use this exercise:

- Choose a specific event or situation such as a fight with a spouse, a bad work day, or a lonely evening.
- Consider your entire life picture and identify the major feelings affecting you at this time.
- Do the exercise with another person, then compare your statements to gain insight into your relationship struggles. This works great with kids and teenagers as well as partners or friends.

For additional help with Emotional Eating, see the Diet Coach Cafe worksheet, “How to Figure out What You’re Feeling”

Three Categories of Emotions

Pressure Emotions

Intense pressure	Irritation	Long-term anger	Stress
Angry	Aggravated	Belittled	Consumed
Desperate	Annoyed	Bitter	Cornered
Explosive	Disgusted	Regretful	Embarrassed
Furious	Distressed	Resentful	Flooded
Horrorified	Disturbed	Revengeful	Hassled
Jealous	Exasperated	Shattered	Humiliated
Irate	Frustrated	Grouchiness	Overwhelmed
Irritated	Impatient	Bitchy	Panicked
Livid	Irritated	Cranky	Pressured
Mad	Negative	Edgy	Rushed
Outraged	Offended	Grouchy	Stressed
Pissed off	Ticked	Irritable	Tense
Shocked	Upset	Moody	Threatened
Violated			Trapped

Empty Emotions

Emptiness	Sadness	Fear	Loneliness
Alienated	Anguished	Afraid	Abandoned
Apathetic	Betrayed	Anxious	Alone
Bored	Blue	Apprehensive	Burdened
Deprived	Dead	Confused	Isolated
Disconnected	Depressed	Fearful	Left out
Distant	Discouraged	Frightened	Lonely
Empty	Down	Hesitant	Lost
Flat	Drained	Insecure	Rejected
Hollow	Grief	Nervous	Washed out
Hopeless	Helpless	Scared	Regret
Insignificant	Hurt	Torn	Ashamed
Passive	Low	Uncertain	Regretful
Sluggish	Miserable	Uncomfortable	Remorseful
Stale	Morose	Unsure	Shame
Stifled	Numb	Worried	Smothered
Suffocated	Pessimistic	Powerless	Sorry
Tired	Unhappy	Tearful	Used
Weak			

Positive Emotions

Happiness	Calm	Power	Love
Alive	Comfortable	Adventuresome	Adored
Anticipating	Content	Amazed	Affectionate
Bouncy	Grateful	Competent	Appreciative
Charged	Hopeful	Confident	Attractive
Crazy	Patient	Empowered	Beautiful
Delighted	Peaceful	Energetic	Fulfilled
Ecstatic	Pleased	Energized	Glowing
Elated	Quiet	Positive	Loved
Enthusiastic	Refreshed	Proud	Loving
Euphoria	Relaxed	Smart	Passionate
Excited	Relieved	Stimulated	Pretty
Exuberant	Satisfied	Strong	Radiant
Happy	Secure	Validated	Safe
Inspired	Serene	Visionary	Sexy
Joyful	Successful	Wise	Thrilled
Tickled	Warm	Whole	Turned on