

## Week 4: Head and heart hunger

Worksheet and assignments for the Emotional Eating Program based on  
*Life is Hard, Food is Easy*

1. What are your most common **head hunger** times? Which foods are you likely to want most when you have pressure emotions that indicate head hunger?

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2. Build an “instead list” for **head hunger** times? What are your best tools for dealing with stress, anger, frustration, irritation or other pressure emotions?

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3. What are your most common **heart hunger** times? Which foods are you likely to want most when you have empty emotions that indicate heart hunger?

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4. Build an “instead list” for **heart hunger** times? What are your best tools for dealing with sadness, loneliness, depression, restlessness, hurt or disappointment?

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5. This week—whenever you experience food cravings or non-hungry eating thoughts, make a quick diagnosis to determine whether they’re related to head hunger or heart hunger. write your answers here.

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Then wait at least ten minutes before you eat. During that time, do three items from your list of “insteads.” Write down what you did and how it worked for you.

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