

Week 2: Food is my best friend

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

1. Write down a few situations where it's clear that food is making you feel better or meeting an emotional need.

2. List your most common emotional eating situations. What gets you in trouble most? Think of the places and situations as well as specific people that influence your eating.

3. How does emotional eating affect you? (discouraged, self-esteem, weight goes up?)

4. What does food do for you? What is the number one benefit you get when you eat in response to an emotional need? (relieves stress, nurture, reward?)

5. Think of a recent time or situation when food was the consolation prize. Identify what you really wanted or needed instead.
