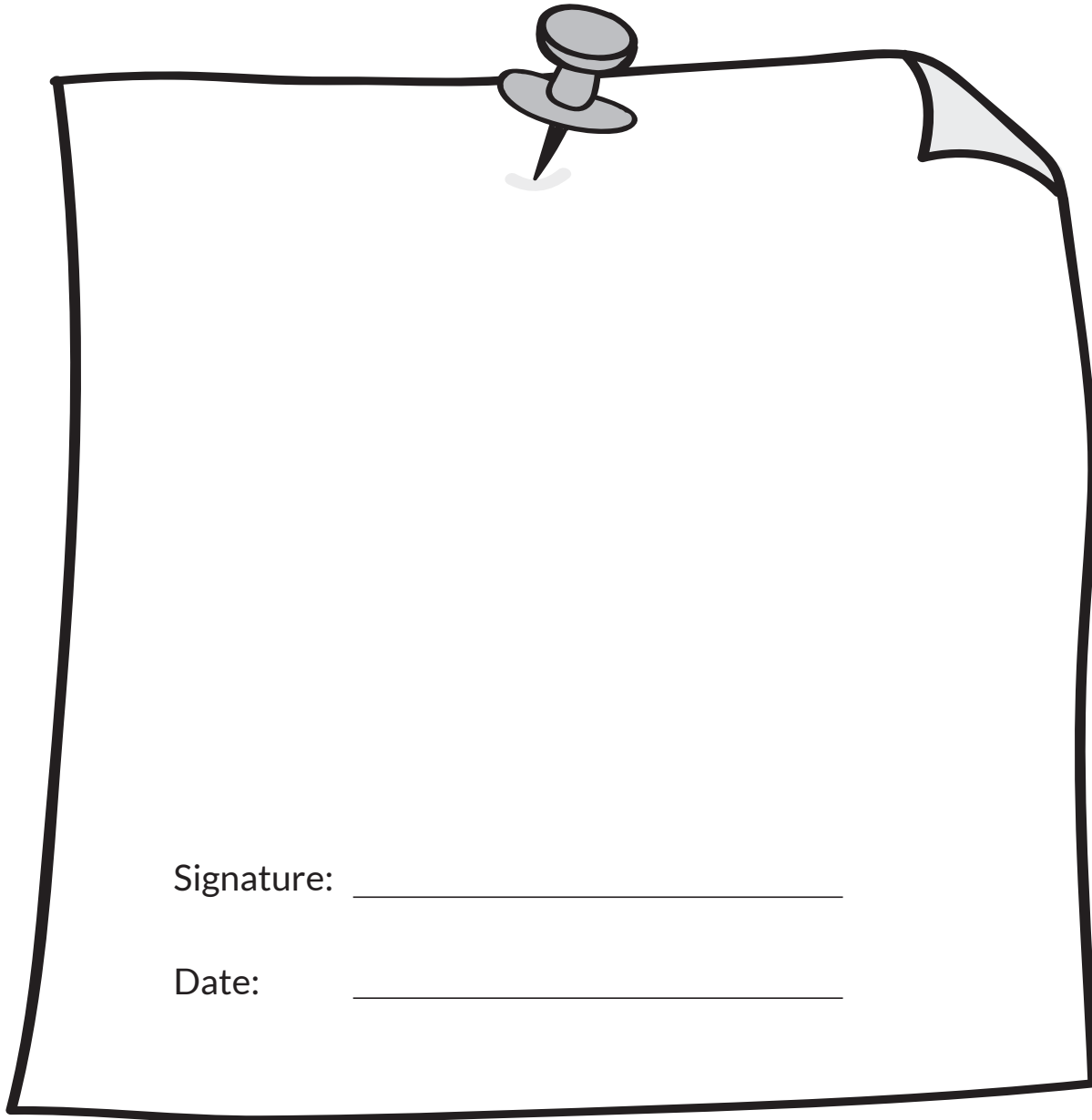


The Food Cuddler
WORKBOOK

from *Why Did I Just Eat That?* pages 77-86

Affirmation

Refer to page 80 in the book, Step One. Admit that you understand, for your highest good, that there needs to be a change in your style of thinking. Take some quiet time to acknowledge this, then record your thoughts in the note below. You might write down, "I am learning to manage my stress with grace and flexibility, and soothing myself in ways that do not include food. I am committed to listening to my body's cues about when I am hungry and when I am not," then sign and date it. I also recommend finding a moment to look in the mirror and tell yourself of this intention, and why—in your own words—that this is important to you.



Signature: _____

Date: _____

Mood/Food Diary

Refer to page 82 in the book, Step Two. Track everything you eat, and the corresponding mood for a week. Notice how often you go to use food because you are feeling upset, frustrated, or experiencing any similar negative emotions. Pay attention to between-meal snacks, as well as meals where you realize you are continuing to eat even after you are no longer hungry because you are feeling some level of emotional distress. These feelings may be very conspicuous, or they may be on the subtle side. Do your best to focus your awareness on whatever emotions you experience.

Though I recommend you follow this exercise for a week, continue to keep your diary until you are able to discern what you are feeling even as you feel triggered to eat. (At this point you are just observing, so do not feel the need to start to take any corrective actions just yet.)

And here's a twist: as time goes on, try to make a note of what you are feeling triggered by *before* you eat something.

Date/Time	Food Consumed	Emotions/Triggers

Mood/Food Diary, continued



Date/Time	Food Consumed	Emotions/Triggers

Mood/Food Diary, continued



Date/Time	Food Consumed	Emotions/Triggers

Discovering New Comfort Strategies



Refer to page 83 in the book, Step Three. In the workspace provided, make a list of at least a dozen non-food ways you can create comfort to address and neutralize your emotion-triggers. You may include as many of my suggestions as you like, and I encourage you to come up with your own ideas.

Comfort List

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Discovering New Comfort Strategies, continued



Comfort List

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Embracing New Comfort Strategies



Refer to page 85 in the book, Step Four. It is time to put what you have learned about your emotion triggers and the things that you find comforting, to work. As you feel these triggers being activated, guide your attention to the list of self-soothing strategies. Think of this diary below as a Mood/Food Diary without the “Food” part. The purpose of this diary is to keep a log of when you feel triggered by your emotions, and note all of your self-soothing (non-food) response actions to feeling triggered. If you find that you made the choice to comfort eat even though you wished you hadn’t, just let any feelings of disappointment at your actions go; there is always the opportunity to make strong choices next time. Remember, healing is a process. And learning to make helpful, healthy choices is a process as well. After all, and it bears repeating: my number one rule is, “Be kind to yourself.”

When	Self-soothing response actions

Embracing New Comfort Strategies, continued



When	Self-soothing response actions

Affirm Who You Are**WHY
Did I Just
Eat That?**

Refer to page 86 in the book, Step Five. Finally... take ownership of the following statement, by putting your name in the provided blank space. Cut it out and tape it somewhere you can see it every day, to your bathroom mirror for example. Try to repeat your new affirmation to yourself each day for at least a month. Repetition is key!

