



The Pressure-Cooker Eater
WORKBOOK

from *Why Did I Just Eat That?* pages 127-138

Affirmation



Refer to page 130 in the book, Step One. Let's begin our work here by writing down in the space allotted below, "I am learning to manage my stress with grace and flexibility, and uplifting myself through gentle self-care," then sign and date it. I also recommend finding a moment to look in the mirror and lovingly tell yourself of this intention, and why—in your own words—that this is important to you.

A large, hand-drawn rectangular area for writing. At the top center, there is a pushpin. The top right corner of the rectangle is folded over. At the bottom left of the rectangle, there are two lines for writing: "Signature: _____" and "Date: _____".

Worksheet #1 - Stress Event Chart

Refer to page 132 in the book, Step Two. One of the best ways to identify issues that may show up in the future is to observe their characteristics in the past. As you become familiar with previous dynamics of emerging stress, you'll eventually be able to recognize the stress events as they form and then respond in soothing ways to relieve that stress before it all gets out of hand. Use the sample on page X of the book as a guide.

Occurrence Time/Date	Approximate Trigger	Sensation	Venting Behavior

Worksheet #1 - Stress Event Chart, continued



Occurrence Time/Date	Approximate Trigger	Sensation	Venting Behavior

Worksheet #2 - Non-Food Self-Soothing Techniques



Refer to page 134 in the book, Step Three. For this exercise, put some thought into non-food things you are able to do to vent your stress energy. You can make a list below. You might select some of the items listed on pages 194-195 in the book, or come up with some of your own. Make your list as long as possible, and then make a shorter list of the things you like best and can have prepared to enjoy at a moment's notice, whenever you start to feel stressed out. Ideally, just looking at your list can give you warm feelings of comfort.

A spiral-bound notebook with a black cover and silver spiral binding. The notebook is open to a page with the title "Non-Food Self-Soothing Techniques" centered at the top. Below the title is a horizontal line, followed by a series of 20 horizontal dotted lines for writing. The notebook is positioned in the center of the page.

Worksheet #3 - Stressors and Solutions



Refer to page 135 in the book, Step Four. Make a list of things that have recently made you feel stressed-out. Then next to each item, make a note describing a strategy that might have made that incident feel less stressful. See the example on page xx of the book.

Worksheet #4 - What Might Better Serve Me

Refer to page 137 in the book, Step Five. The previous exercise explored things in our world that can potentially raise our stress levels. In this exercise, we are turning our attention on specific events. You'll be working with a chart made up of two columns. In the first column, make note of incidents in which stress has shown up in your life, and how you responded. In the second column, write down an alternate way you might have responded that would have better served you. Refer to the example on page xx of the book.

What I Did	What Might Better Serve Me

Affirm Who You Are

WHY
Did I Just
Eat That?

Refer to page 138 in the book, Step Six. 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!

