
BEHAVIOUR AWARENESS WORKSHEET

Our behaviours may seem “spur-of-the-moment”. But they’re actually based on what we do, think, feel and experience long beforehand.

Overeating is just the last link in a long chain. If you can break the earlier links, you have a much better chance of never getting to the last link.

This exercise helps you become more aware of what your eating episodes have in common. Maybe it’s a time of day, or a situation, or a type of food, or another person (or being alone), or a feeling—or all of these.

Describe in as much detail as possible what you are experiencing, or remember experiencing, at each stage.

Then go back and review. Look for common features. Look at the steps you took to get to the final result.

This helps you understand how you ended up where you did. When you understand the process and the patterns, you can change them before they happen, and *choose another path*.

Fill out this worksheet every time you have an episode of overeating.

Be honest and thorough (as best you can). Be a scientist. Remember: You’re collecting data so that you can analyze your own patterns...and eventually develop strategies to deal with them. **Write that Owner’s Manual!**

1. IN THE 2-3 HOURS BEFOREHAND:

What are you doing?

What are you thinking?

What are you feeling emotionally?

What are you feeling physically?

Where are you?

What time is it?

Who's with you?

2. IMMEDIATELY BEFOREHAND:

What are you doing?

What are you thinking?

What are you feeling emotionally?

What are you feeling physically?

Where are you?

Who's with you?

3. IN THE MIDDLE OF IT:

What are you doing?

What are you thinking?

What are you feeling emotionally?

What are you feeling physically?

What are you choosing to consume

Why are you choosing this particular food(s)?

Where are you?

Who's with you?

4. AFTERWARDS:

What are you doing?

What are you thinking?

What are you feeling emotionally?

What are you feeling physically?

Where are you?

Who's with you?