

Shrink Yourself

INSTRUCTIONS: Print and cut out this card. Fold along the dotted lines and keep it in your wallet or purse. Whenever you feel the urge to break your diet or are experiencing an emotional eating episode (EEE), ask yourself the following questions.

1. WHAT healthy habit am I struggling to practice that indicates I am/was experiencing an EEE?

Listen to My Body

Manage Hunger

Bounce Back

Keep My Weight In Mind

Avoid Junk Food

Exercise Enough

Use Portion Control

Prevent Binges

Savor My Food

Choose a Balanced Diet

2. WHEN did I realize that I was having/had an EEE?

Hunger came on quickly

Craved specific foods

Hunger felt urgent

Hunger was set off by emotion

Struggled with unconscious eating

Didn't stop when full or feel the urge to binge

Hunger wasn't located in my belly

Felt a sense of shame about eating

3. WHY do/did you want to eat?

To help me with:

loneliness, anger, boredom, frustration, emptiness

4. How can/could've you handle this situation without food?

Think of five things.