

Journaling Exercise: Emotional & Binge Eating Investigation - Part 1 of 2

Check which situation (if any) of these apply to you and your emotional eating / bingeing experiences. Mark them down.

1. Emotional regulation
2. Self-punishment
3. Distraction
4. Boundary setting
5. Soothing (Trauma activation)
6. Rebellion
7. Body as a billboard
8. Uses of food may or may not be conscious
9. Gives people a place to go when they don't feel good in themselves, not being okay, fear, punishment/ abuse.



Journaling Exercise: Emotional & Binge Eating Investigation - Part 2 of 2

For the situations you marked above, ask yourself the following questions. (Do so one situation at a time.):

- When do I tend to binge / emotional eat in relation to this situation?
- Do any people or specific situations trigger this situation?
- Is this situation tied to a time of day? week? or month?
- How would you like to deal with this situation?
- How would that make you feel? (List emotions)
- What would allow you to feel those emotions? (List several options)
- Which option are you most likely to try?

