

Deconstruct Emotional Eating Patterns Exercise

- **Reflect on your last “guilty” craving:**
 - What was it?
 - When did you crave it?
- **From your understanding, what caused this craving?**
- **When you had this craving, what emotions were associated with it?**
- **Why did you feel those emotions?**
- **How would you like to feel?**
- **What non-food related activities would allow you to feel this way?**
- **Which one are you willing to try next time a craving arises? Write down your options.**
- **Next time you have the craving, kindly consider these options.**

