

Emotions & Eating

Food and emotions can become closely connected. Understanding that connection can help you respond to yourself with more compassion.

Which emotions make eating harder?

Which emotions change my appetite or interest in food?

What tends to happen before a difficult eating moment?

What thoughts show up?

What does my body need in these moments?

What does my emotional self need?

What helps me feel safer or more settled?

One coping strategy I could try alongside support is...
