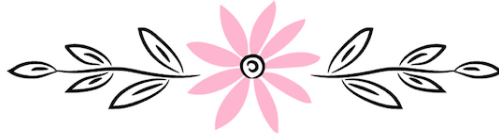


Eating Behaviors Worksheet



This worksheet is for changing eating behaviors that cause you grief, like...

- Eating in the car
- Eating standing up
- Picking at food on the counter
- Taking bites of things as you prepare for a meal, or clean up after a meal
- Wandering into the kitchen on breaks and snacking mindlessly
- Overeating when you're alone
- Eating fast food or crappy food when you're out and about

WHAT'S HAPPENING NOW?

What's the behavior causing you problems? (Pick one behavior at a time for the worksheet.)

Ex: Eating bigger and less healthy meals when my husband is not there.

When do you do it? (Any specific day or time)

Ex: Wednesday nights, when Lobsang has programmer meetings and we don't eat dinner together. Also, most times when he is out on a trip.

Do you notice what you're thinking or feeling before you do the behavior?

Ex: Ooh, Lobsang's not going to be there, so I can eat anything I want! Feel excited.

What do you actually do and eat at that time?

Ex: "Special" foods like tofu burgers with Ezekiel bread. The first round is usually okay, then I want more, or something special for dessert. Last night, I had a large-ish helping of black rice and black lentils, plus a normal helping of veggies. Then when that was done, I got a second helping of the rice and lentils, as big as the first. Then I wanted a "good" dessert and the only thing there was a peach, so I ate the peach, but it wasn't very sweet, so I added some agave to it, something that is a "yellow light" food for me. THEN I still wanted more so I had two prunes.

What do you think after you do the behavior?

Ex: Crap! Why did I do that AGAIN? What's wrong with me? I'm too full now.

What emotion do you feel after you do the behavior?

Ex: Embarrassed and disappointed in myself.

What actions do you take?

Ex: Sit on the couch and watch videos to numb out.

EXPERIMENTING WITH SOMETHING DIFFERENT

What behavior do you want to do, instead of what you're doing?

Ex: I want to eat the same healthy way I eat with Lobsang when I'm alone.

How would you want to feel, instead of how you're feeling now when you behave that way?

Ex: pride, affection for myself, confident

Brainstorm some different thoughts you could think than the thought you have now before you do the behavior. (So, currently thinking "Ooh, Lobsang's not going to be there, so I can eat anything I want!")

Examples:

- *I'm the kind of person who eats the same when I'm with other people and when I'm alone.*
 - *I love myself and I'm committed to my health.*
 - *I'm the kind of person who loves to nurture my body with healthy food.*
 - *It feels so good to eat in a beautiful, healthy way.*
 - *I feel proud and confident and healthy after I eat a meal alone.*
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Now, pick the one thought you like the best. This is your **New Thought.**

- *Ex: I'm the kind of person who eats the same when I'm with other people and when I'm alone.*

Practice your New Thought.

- Plan to “practice” this thought, to get familiar and comfortable with it, and embed it in your brain. Here are some ways to do that:
 - Say the new thought when you go to bed and when you wake up.
 - Make some art that uses the new thought. (It doesn't need to be “good” art, just your art xo)
 - When you think the old thought (*Ooh, Lobsang's not going to be there, so I can eat anything I want!*) try remembering the new thought instead.
 - Write the new thought on a sticky note and put it on your computer or bathroom mirror.

How will you practice your New Thought?

Brainstorm things to do instead of your “bad” behavior

Examples:

- *Even though I don't usually, I could plan in advance my food for Wednesday nights, and any times Lobsang will be out.*

- *I could think of healthy ways to treat myself. Like, I can have the tofu burger with Ezekiel bread, but rather than eating too much mindlessly, I could plan to have something that I really like for dessert like a vegan brownie, or grapes.*
- *I can plan the amount that I will have and maybe even set that out ahead of time.*
- *I can plan to do something I really like to do, like watch a movie, after dinner.*

Pick a few things from your brainstorm list, to implement

- *Plan in advance for Wednesday nights and Lobsang's away times.*
- *Plan to do something I really like to do, like watch a movie, after dinner.*

Identify the “trigger” for the current behavior you don’t like. (What is the situation that leads to your current behavior?)

- *Wednesday dinner alone*
- *Any meal alone.*

Okay, what can you do NOW to prepare for those trigger moments in the future?

- *Put a repeating reminder on my calendar on Tuesdays, to prep for Wednesday dinner and movie, meaning decide my dinner and what movie I will see.*
- *Put a repeating reminder on Wednesdays to “set out food amounts before dinner”*
- *As soon as I know about a work trip, adding to my To Do list to plan all the meals for when Lobsang is out.*



If you'd like more help for overeating, contact Yolanda at yolanda@yolandaobannon.com for private coaching.

Get tips on self-care with my newsletter — sign up here:
<https://yolandaobannon.com/>