

WEEK 12 of #YOUR2024STORY

Journal Prompt: *Reflecting on Emotional Eating*

Overcoming Emotional Eating:

This week is dedicated to understanding the emotional triggers that lead us to seek comfort in food and strategizing ways to overcome them.

Journal Prompt:

- ~ Begin your reflection by focusing on a particular instance when you found yourself struggling with emotional eating. Try to remember the specific details of that time. What were the circumstances that led you into falling into this pattern of emotional eating? Were there any specific triggers or events that sparked this behavior?
- ~ As you dive deeper into the reflection, consider your emotions during and after that incident. How did you feel while you were engaging in emotional eating? Was it a sense of comfort, fear, stress, sadness, or a combination of them? And after the occurrence, what were your feelings? Did you experience any guilt, regret, or relief?
- ~ Finally, shift your focus to the future. What strategies can you implement to manage emotional eating in the future? Are there any coping mechanisms you think could help you deal with emotional triggers in a healthier way? The aim here isn't to judge yourself or feel negative about the past, but to learn and strategize for a healthier emotional and physical wellbeing.

Remember, it's not about perfection but progress. Reflecting on these experiences is already a step towards better understanding yourself and your relationship with food.