

Deconstructing Eating Behavior

Some people cope with uncomfortable feelings and unmet needs by: eating, binge eating, or food restriction. Many times people are not even aware! These two simple questions pave the way to awareness and ultimately, meaningful change.

What am I feeling, *now*?

(Refer to this list of feelings, if needed. Or if none of these descriptions seem to fit, try the description, “uncomfortable”, and see if that resonates for you).

Fearful	Angry	Sad	Joyful	Disgusted	Surprised	Shame
edgy	exasperated	dejected	amused	appalled	amazed	disgraced
frightened	hostile	gloomy	delighted	contempt	astonished	embarrassed
nervous	irritable	grief	gratified	distain	dumbfounded	guilty
scared	outraged	hopeless	happy	indignation	flabbergasted	humiliated
wary	resentful	lonely	satisfied	repulsed	shocked	mortified
worried	vengeful	sorrow	silly	revolted	startled	remorseful

What do I need, *now*?

What do I need, right now, to deal with my current feelings? Refer to ideas below. It’s okay if you don’t know what you need. The action of being aware, and just checking-in to your possible needs is progress. (If your needs were obvious you wouldn’t be turning to food).

Distraction	Support	Deal Directly with Feeling	Self-care
Change environment	Call a friend	Write in journal	Set limits
Watch funny movie	Email a friend	Listen to music that matches my feelings	Respect self-vulnerability
Internet	Text a friend	Mypsychtracker.com	“Alone” time
Music	Talk to family	Write a letter	Sleep/rest
Go out with a friend	Chat online (safe and familiar)	Sit with your feeling for 10 minutes.	Write in journal
Go to a book store	Talk with spiritual advisor, such as a rabbi, priest, minister	Reframe the thoughts that are triggering the feeling. Is there another way you can view this situation?	Go for walk outside.
Play with your pet	Talk with therapist	Talk with therapist	Unplug phone, computer