



# DECONSTRUCTING EATING BEHAVIOR

Some people cope with uncomfortable feelings and unmet needs by eating, binge eating or restricting food – and often, they’re not even aware! **These two questions pave the way to awareness.**

## *What am I feeling now?*

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

<b>FEARFUL</b>	<b>ANGRY</b>	<b>SAD</b>	<b>JOYFUL</b>	<b>DISGUSTED</b>	<b>SURPRISED</b>	<b>SHAME</b>
edgy	exasperated	dejected	amused	appalled	amazed	disgraced
frightened	hostile	gloomy	delighted	contempt	astonished	embarrassed
nervous	irritable	grief	gratified	distain	astounded	humiliated
scared	outraged	hopeless	happy	indignation	flabbergasted	guilty
wary	resentful	lonely	satisfied	repulsed	shocked	mortified
worried	vengeful	sorrow	silly	revolted	startled	remorseful

## *What do I need now?*

Refer to ideas below. It’s OK if you don’t know what you need. The action of just being aware and checking into your possible needs is progress. If your needs were obvious you wouldn’t be turning to food.

<b>DISTRACTION</b>	<b>SUPPORT</b>	<b>DEAL DIRECTLY WITH FEELING</b>	<b>SELF-CARE</b>
Change environment	Call a friend	Write in journal	Set limits
Watch funny movie	Email a friend	Listen to music that matches your 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 (safely)	Sit with your feelings for 10 minutes	Write in journal
Go to a book store	Talk with spiritual advisor	Reframe the thoughts that are triggering the feeling	Go for walk outside
Play with your pet	Talk with therapist	Talk with therapist	Unplug phone, computer