

Overcoming Stress Eating

Session #1 Writing Prompts

Roll Call

Make a list of the things that cause stress in your life. But instead of listing people or things (e.g., my job, my mother-in-law, my finances), try to be specific about how and when these things create stress.

For example:

- When my boss piles a bunch of work on me at 4pm on Friday
- When my mother-in-law makes cracks about my cooking
- When I sit down to write bills every month.

For each one, describe what how or when it usually occurs. Is it possible to anticipate or does it usually come out of blue?

Then, describe what typically happens as a result (no judgment, just a record...describe the movie)

Pause Button

When you are feeling “stressed,” take a few minutes to get some clarity: Write out your answers to the following questions

- What exactly are you feeling? (e.g., bored, lonely, sad, anxious, worried, fearful, angry, frustrated, etc.)
- What thoughts are causing the uncomfortable feelings?
- Are those thoughts true?
- What other thoughts could be as true or even more true?

Costs and Benefits

When you feel the urge to eat in response to stress, write out your answers to the following:

- What am I craving? (Specify what, when, where, and how much)
- How will that make me feel? (Be as precise as possible)
- How long will that feeling or sensation last?
- How else will that make me feel? How long will that feeling or sensation last?
- Can I reduce any negative impact by adjusting the what, when, where, or how much?
- What is the most caring choice I can make right now?