

Overcoming Stress Eating

Session #2

Difficult Feeling	Skillful Response
Anger	Forgiveness
Anxiety	Reality check
Fear of failure	Visualize success
Loneliness	Connection
Sadness	Appreciation
Boredom	Engagement
Apathy	Action

Appreciation Exercise (Adapted from Martin Seligman)

Try to reflect on at least one good thing every day. (If you have time, complete these steps for three different things.)

Step 1:

Identify 1 (or more) things that went well today, that you feel grateful for. It can be large or small; they can be things you did or things that happened to you or someone else. Write it down.

Step 2:

Describe why and how this particular thing took place. Who was involved? What did they do or say? What did you do or say? What previous actions (whether yours or someone else's) made this thing possible?

Step 3:

Reflect on the personal strengths you leveraged and the external resources that made this good thing possible.