

## Food Journal

Write down every single thing you eat daily. Include all bites and licks.

1. Write down everything you have eaten in the past 24 hours.
2. Make some notes on why you made the choices you did and how you felt physically throughout the day.
3. What is your ideal food journal? Write it below.
4. How do you imagine you will feel physically and emotionally when you eat this way?

## Urges

We mostly respond to our desire to eat with our conditioned urges. We feel an urge and it feels urgent. We respond to this urge by overeating. This overeating gives us an immediate reward and perpetuates the thought error cycle.

1. What exactly does an urge feel like when it first appears?

2. What does it feel like when you try to resist it?

3. What does it feel like when you react and obey it?

4. What does it feel like when you don't react or resist, but you allow it to simply exist. Describe it in detail.

5. If an urge is caused by a thought error, what is the most common thought causing overeating?

6. What would the process of allowing an urge be like for you? How would your thoughts change? How would your feelings change? How would your actions change? How would your results change?

7. What is a skill you would need to develop to feel instead of eat? Describe it?

8. How would this skill serve you in other areas of your life.