

Food and Feeling Grid #2

	Fear	Sadness	Anger	Joy
When or how did I learn to use food to cope with this emotion?				
What problems has turning to food to cope with my feelings caused for me?				
On a scale from 0 to 10, how confident do I feel about my ability to try alternatives to eating (0 indicates no confidence; 10 maximum confidence)?				

	Fear	Sadness	Anger	Joy
If my confidence level is a 5 or below, what might help me feel more confident?				
To whom can I turn for support?				
What changes could make my home or workplace more supportive?				