

Food and Feeling Grid #1

	Fear	Sadness	Anger	Joy
<p>When I'm experiencing this emotion food makes me feel (fill in the blank)</p>				
<p>What healthy behaviors, aside from eating, have I tried that allow me to avoid this emotion (e.g., not drinking alcohol shopping, gambling, etc.)?</p>				
<p>What other behaviors would I like to try that may allow me to address this feeling?</p>				