

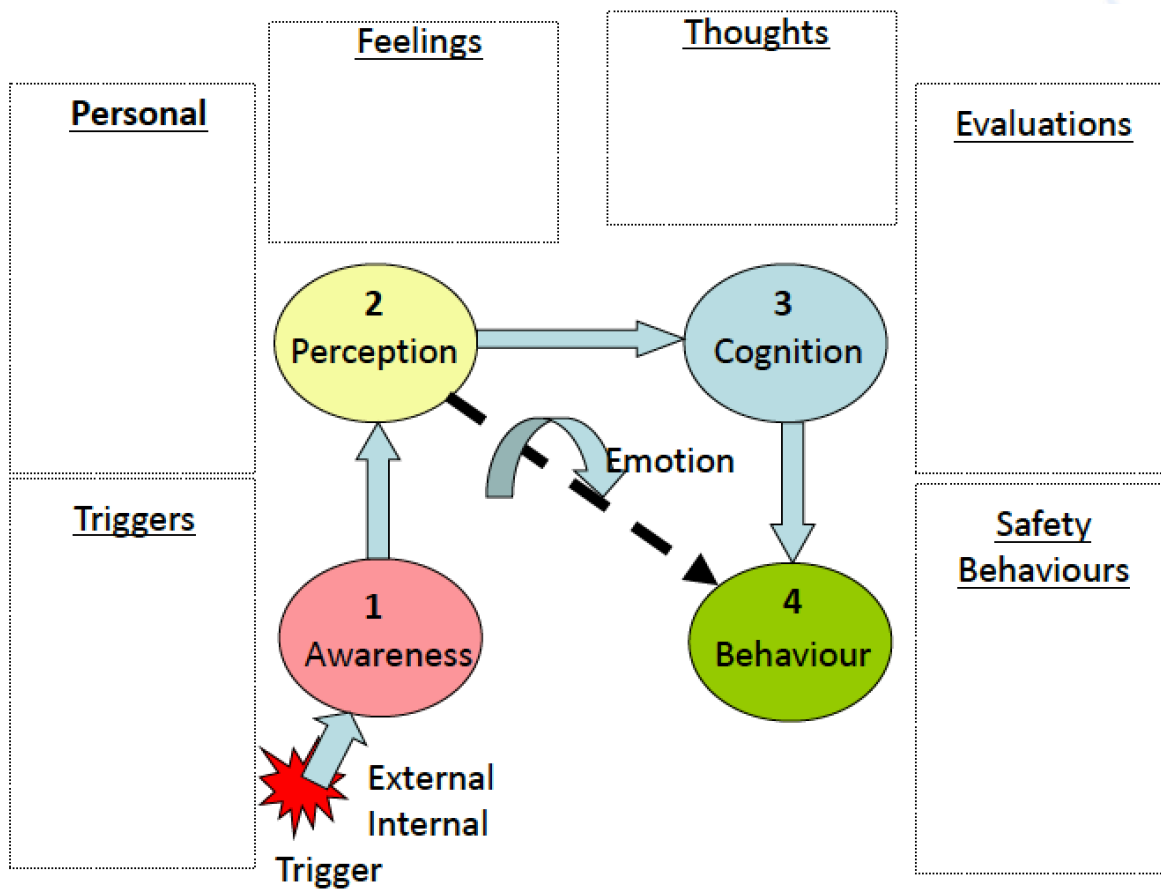
**MY FOOD ROMANCE: MINDSET Week 2
HOMEWORK**

Mindfulness of Thoughts and Behaviors

For at least a week, become an observer of your thoughts, feelings, emotions and behaviours. Aim at identifying time of the day, specific trigger and emotional-thinking pattern that leads to an unhelpful “safety behaviour” (that contradicts with your health goals).

Example – after being stressed and tired all day, I will resort to comfort food after I put kids to bed. Occasionally the thought of having a chocolate at night will keep me away, even when I am not hungry.

Your goal is to complete the proposed map and keep a record of your triggers using the **Emotions Journal** (see page 4).



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Week ____: Emotions Journal

Situation (what, where, who, when)	Trigger – External /Interna l *	Any Comment	Behaviour What did you say and/or do)	Feelings/Emotions (examples)
				Intensity 1-10 (10 = most intense)
				Scared
				Anxious
				Insecure
				Panicky
				Overwhelmed
				Frustrated
				Resentful
				Angry
				Rage
				Envious
				Jealous
				Sad
				Disappointed
				Hurt
				Shocked
				Numb
				Guilty
				Ashamed
				Embarrassed
				Humiliated
				Calm
				Content
				Excited
				Proud
				Happy
				Other

* If the situation that “triggered” you is the one you are simply thinking about, please put an “I” in the 2nd column. If it is external to you, put an “E”