

Worksheet 10: Eating diary review

Eating pattern

How long do I leave between each eating episode?

How many times per day do I eat more often than every 3–4 hours?

How many times per day do I eat less than every 3–4 hours?

Energy needs

What is my daily energy need (calories)?

How much energy do I take in each day (calories)?

Am I eating more or less than I need each day?

What I eat and drink

Are there specific types of food that trigger overeating – if so, what are they?

Are there any foods that help me to not overeat?

Are there any things I take into my body that affect my appetite or eating (e.g. medication, drugs, alcohol)?

Times, people, places

Are there any times, people or places that make overeating more likely?

Are there any times, people or places that protect me from overeating?

My feelings and overeating

Are there any feelings that make overeating more likely/worse?

Are these physical sensations, such as hunger?

Are there emotions, such as sadness, boredom, anger, anxiety?

My thoughts and overeating

Am I in dieting mindset before, during or after overeating?

Am I in comfort food mindset before, during or after overeating?

Do I give myself permission to overeat as a 'treat'?

Do I use overeating to punish myself?

Do I hope that overeating will help me manage difficult feelings, memories or events?

Do I follow certain rules or habits that I have been taught about eating?

Do I criticise myself about what I have eaten or the way that I eat?

Am I worried about what other people think about my overeating?

If you answer 'yes' to any of these questions, try to be as specific as you can about exactly what you are thinking and, if you can, how and when you learned to think this way.