



EMOTIONAL EATING

Healing Your Relationship with Food

THE EMOTIONAL EATING TRIGGER CHECKLIST

*Are You Eating to Feed Your Body—
or Soothe Your Emotions?*

PLEASE READ

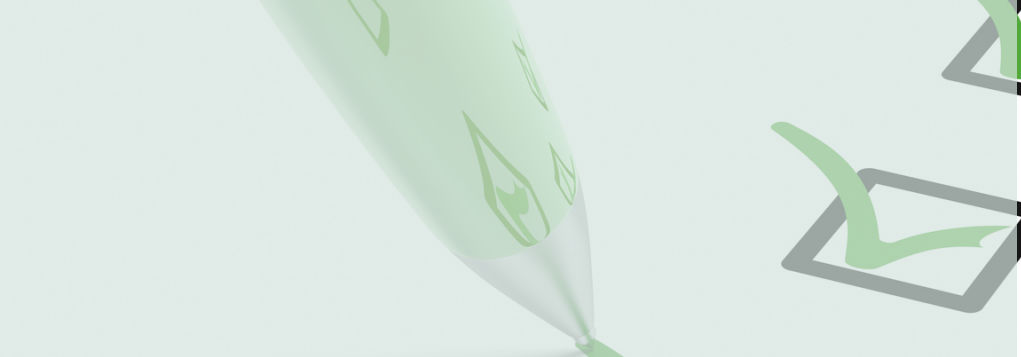
DISCLAIMER

The information provided in this course is for educational and informational purposes only and is not intended as a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or a qualified healthcare provider with any questions you may have regarding a medical condition or your overall health.

Participation in this course does not establish a doctor-patient relationship. Any reliance on the information provided in this course is solely at your own risk. While we strive to provide accurate and up-to-date information, we make no guarantees regarding the completeness, reliability, or applicability of the content presented.

If you experience any adverse symptoms or medical concerns while implementing the techniques or recommendations discussed in this course, discontinue them immediately and consult a healthcare professional. This course is not intended to diagnose, treat, cure, or prevent any disease.

By enrolling in this course, you acknowledge that you are responsible for your own health and well-being and agree to consult a medical professional before making any significant lifestyle changes.



Emotional eating often happens automatically. We reach for food to soothe feelings, not because we're physically hungry.

This checklist is your first step toward **awareness**—the key to change.

COMMON EMOTIONAL EATING TRIGGERS

Check any that apply to you:

Stress & Overwhelm

- ☐ I eat when I feel anxious or pressured
- ☐ I crave sugary or salty snacks when I'm overwhelmed
- ☐ Eating is my way to "shut off" or decompress

Boredom & Distraction

- ☐ I eat when I'm not engaged or feel restless
- ☐ I snack while watching TV or scrolling
- ☐ I turn to food just to pass the time

Loneliness & Disconnection

- ☐ I eat when I feel isolated or emotionally disconnected
- ☐ Food feels like a substitute for company or comfort
- ☐ I often eat more when I'm alone

Sadness & Low Mood

- ☐ I eat to soothe heavy emotions like grief or disappointment
- ☐ I turn to food when I feel down or emotionally drained
- ☐ I crave "comfort foods" when I'm sad

COMMON EMOTIONAL EATING TRIGGERS

Celebration & Reward

- ☐ I treat myself with food after a tough day
- ☐ I associate eating with celebration or reward
- ☐ I use food as a way to feel good or elevate my mood

REFLECTION QUESTIONS

Which triggers came up most for you?

Are there specific times of day or situations when these patterns appear?

What might you be needing in those moments—besides food?



Awareness

NEXT STEP: AWARENESS IN ACTION

Use this checklist throughout your week. Start to notice *when* emotional eating arises and *what* it's trying to tell you.

You're not doing anything wrong—your emotions are just asking to be heard.

Want support in creating new, mindful patterns with food?