

## Downward spiral of emotional eating



## Upward spiral of emotional eating

What do I need to think and/or do to feel that way?  
Breathing, crying, resting, saying a new mantra, journaling, brain dumping, exercising, drawing, playing music, talking to someone, praying, ...

What do I need right now?  
How do I want to feel?  
What would I tell someone I love in this situation?

What am I thinking?  
Is it true? Is it beneficial to think that? Does this thought make me feel good or takes me closer to my goals?

What am I feeling?  
(Feelings wheel)  
I feel ..... and it's ok.  
What else am I feeling?  
Where am I feeling it in my body? (head, chest, ...)  
What physical sensations can I notice? (jaw clenched, shoulders up, shallow breathing, burning face, racing heart)

I pause for a few seconds to switch to my „thinking brain“

- I take a few deep breath, or
- I solve a math problem (e.g. count backwards from 20 to 0) or
- I say a mantra/song lyrics/poem
- I notice 3, touch 2 and hear 1 thing around me.

I want to eat & I'm not hungry/urge to binge