

1. Think about what your emotional eating triggers are and write them down. Follow the example and answer the questions about your emotional eating habits. (Sheet 1)
2. Keep a log for 3 days and write down once an hour where you are on the hunger scale. Practice noticing where you are on the scale the other days of the week. Try not to eat after 8 pm. Circle a number each hour. (Sheet 2)
3. What are some of your favorite hobbies that you can keep busy with when you want to overeat emotionally? Write down or paste pictures of your favorite hobbies on this sheet and post it somewhere where you can see it often. (Sheet 3)
4. What are you going to do to relax and take time for yourself this week? (Sheet 3)
5. Listen to the Self-Mastery Technology download for the week.
6. Keep following the Club Reduce[®] Eating Plan!

Example of Trigger Worksheet:

Trigger that causes me to overeat: Fight with Significant Other/Spouse

What Happens Right before the Trigger Occurs? Miscommunication and arguments

How do I feel after I have eaten for emotional reasons? Annoyed, ashamed

What could I do differently next time? Write my feelings down, take a bubble bath

Worksheet 1: Emotional Triggers

Trigger that causes me to overeat: _____

What happens right before the trigger occurs? _____

How do I feel after I have eaten for emotional reasons? _____

What could I do differently next time? _____

What should I have done? _____

Worksheet 1: Emotional Triggers Ctd.

Trigger that causes me to overeat: _____

What happens right before the trigger occurs? _____

How do I feel after I have eaten for emotional reasons? _____

What could I do differently next time? _____

What should I have done? _____

Worksheet 1: Emotional Triggers Ctd.

Trigger that causes me to overeat: _____

What happens right before the trigger occurs? _____

How do I feel after I have eaten for emotional reasons? _____

What could I do differently next time? _____

What should I have done? _____

Worksheet 2: Hunger Assessment

Keep track of where you are on the hunger scale each hour for three days. Practice noticing where you are on the scale the other days of the week. Try not to eat after 8 pm.



Day 1:

4:00 am:	0 1 2 3 4 5 6 7 8 9 10	2:00 pm:	0 1 2 3 4 5 6 7 8 9 10
5:00 am:	0 1 2 3 4 5 6 7 8 9 10	3:00 pm:	0 1 2 3 4 5 6 7 8 9 10
6:00 am:	0 1 2 3 4 5 6 7 8 9 10	4:00 pm:	0 1 2 3 4 5 6 7 8 9 10
7:00 am:	0 1 2 3 4 5 6 7 8 9 10	5:00 pm:	0 1 2 3 4 5 6 7 8 9 10
8:00 am:	0 1 2 3 4 5 6 7 8 9 10	6:00 pm:	0 1 2 3 4 5 6 7 8 9 10
9:00 am:	0 1 2 3 4 5 6 7 8 9 10	7:00 pm:	0 1 2 3 4 5 6 7 8 9 10
10:00 am:	0 1 2 3 4 5 6 7 8 9 10	8:00 pm:	0 1 2 3 4 5 6 7 8 9 10
11:00 am:	0 1 2 3 4 5 6 7 8 9 10	9:00 pm:	0 1 2 3 4 5 6 7 8 9 10
12:00 pm:	0 1 2 3 4 5 6 7 8 9 10	10:00 pm:	0 1 2 3 4 5 6 7 8 9 10
1:00 pm:	0 1 2 3 4 5 6 7 8 9 10	11:00 pm:	0 1 2 3 4 5 6 7 8 9 10



Day 2:

4:00 am:	0 1 2 3 4 5 6 7 8 9 10	2:00 pm:	0 1 2 3 4 5 6 7 8 9 10
5:00 am:	0 1 2 3 4 5 6 7 8 9 10	3:00 pm:	0 1 2 3 4 5 6 7 8 9 10
6:00 am:	0 1 2 3 4 5 6 7 8 9 10	4:00 pm:	0 1 2 3 4 5 6 7 8 9 10
7:00 am:	0 1 2 3 4 5 6 7 8 9 10	5:00 pm:	0 1 2 3 4 5 6 7 8 9 10
8:00 am:	0 1 2 3 4 5 6 7 8 9 10	6:00 pm:	0 1 2 3 4 5 6 7 8 9 10
9:00 am:	0 1 2 3 4 5 6 7 8 9 10	7:00 pm:	0 1 2 3 4 5 6 7 8 9 10
10:00 am:	0 1 2 3 4 5 6 7 8 9 10	8:00 pm:	0 1 2 3 4 5 6 7 8 9 10
11:00 am:	0 1 2 3 4 5 6 7 8 9 10	9:00 pm:	0 1 2 3 4 5 6 7 8 9 10
12:00 pm:	0 1 2 3 4 5 6 7 8 9 10	10:00 pm:	0 1 2 3 4 5 6 7 8 9 10
1:00 pm:	0 1 2 3 4 5 6 7 8 9 10	11:00 pm:	0 1 2 3 4 5 6 7 8 9 10

Worksheet 2: Hunger Assessment Ctd.



Day 3:

4:00 am:	0 1 2 3 4 5 6 7 8 9 10	2:00 pm:	0 1 2 3 4 5 6 7 8 9 10
5:00 am:	0 1 2 3 4 5 6 7 8 9 10	3:00 pm:	0 1 2 3 4 5 6 7 8 9 10
6:00 am:	0 1 2 3 4 5 6 7 8 9 10	4:00 pm:	0 1 2 3 4 5 6 7 8 9 10
7:00 am:	0 1 2 3 4 5 6 7 8 9 10	5:00 pm:	0 1 2 3 4 5 6 7 8 9 10
8:00 am:	0 1 2 3 4 5 6 7 8 9 10	6:00 pm:	0 1 2 3 4 5 6 7 8 9 10
9:00 am:	0 1 2 3 4 5 6 7 8 9 10	7:00 pm:	0 1 2 3 4 5 6 7 8 9 10
10:00 am:	0 1 2 3 4 5 6 7 8 9 10	8:00 pm:	0 1 2 3 4 5 6 7 8 9 10
11:00 am:	0 1 2 3 4 5 6 7 8 9 10	9:00 pm:	0 1 2 3 4 5 6 7 8 9 10
12:00 pm:	0 1 2 3 4 5 6 7 8 9 10	10:00 pm:	0 1 2 3 4 5 6 7 8 9 10
1:00 pm:	0 1 2 3 4 5 6 7 8 9 10	11:00 pm:	0 1 2 3 4 5 6 7 8 9 10

Worksheet 3: Hobbies and Relaxation

What are some of your favorite hobbies that you can keep busy with when you want to overeat emotionally? Write down or paste pictures of your favorite hobbies on this sheet and post it somewhere where you can see it often.

What are you going to do to relax and take time for yourself this week?
