

# Break the Chain worksheet

## Do you have a “complicated” relationship with food?

If you find yourself having unwanted food experiences, such as intense food cravings, overeating, emotional eating, or feeling out of control when you eat, try this worksheet.

You can do this exercise any time you have an episode of eating that feels stressful, upsetting, or unwanted. Repeat this exercise as often as you like, to gain more insight into your eating habits and get ideas about how to change them.

## What happened before the event took place?

**Step 1: After you have an episode or unwanted food / eating experience, write down all the stuff that was happening just before that episode happened.**

For instance:

**Where were you?**

**What were you doing?**

**What were you thinking?**

**What were you feeling?**

**Break the Chain worksheet (cont'd)**

**Who was with you?**

**Anything else you noticed?**

## **What happened even earlier?**

**Step 2: Now see if you can go back even further. What happened a few hours (or more) ago?**

**Where were you?**

**What were you doing?**

**What were you thinking?**

**What were you feeling?**

Who was with you?

Anything else you noticed?

## Are there any patterns?

**Step 3: Now look at your data. Are there any patterns between your food and eating choices, and what happened earlier? (It's OK if not. Just fill in what you can observe, for now.)**

I notice that...

I'm curious about...

## Break the chain

**Step 4: Make note of any possible solutions. How could you disrupt these patterns you noticed?**

For example... "OK, I'm going to go for a workout after I talk to mom, to get some of that energy out," OR "I'm going to mark my PMS days on the calendar so I know about them in advance."

Hint: it's OK if you don't see solutions right now. The most important thing is to become more aware of how feelings, thoughts, and situations can affect your choices.

**Break the Chain worksheet (cont'd)**

**Possible steps I could take to change my behaviors or “break the links”:**

1.

2.

3.