

The Art Of Emotional Health

Week Two Worksheet

1. What foods have you identified in the past that don't work for you physically?
2. What happens when you eat those foods?
3. Are there any foods that have a certain power over you? You can't say no to? Can't stop eating when they're around? Feel guilty about eating?
4. How do you normally approach these foods?
5. What is the ONE thing you would like to change from the class today?
6. What support do you need to make that change easily, successfully and sustainably in your life now and into the future?