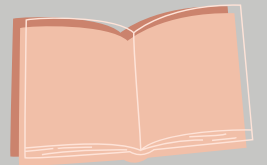


# JOURNAL PROMPTS



FOR YOUR RELATIONSHIP WITH FOOD

@emiliathompsonphd



# HI

@emiliathompsonphd

**Journaling allows you to dissociate slightly from your thoughts. Putting those thoughts down on paper, regardless of whether or not they are true or valid, will allow you to get them out of your head and find some clarity. Journaling is an almost non-negotiable for improving your relationship with food, body and self.**

**The idea is write as though no one, including you, will ever read them.**

**I use these prompts with clients and myself. I hope you'll find them useful! Don't use them all at once - there are a lot! If you use them, I'd love to know how you get on. And if you're a coach, please make sure to credit me before using them with your clients!**

**See you soon,**

**Em xxx**

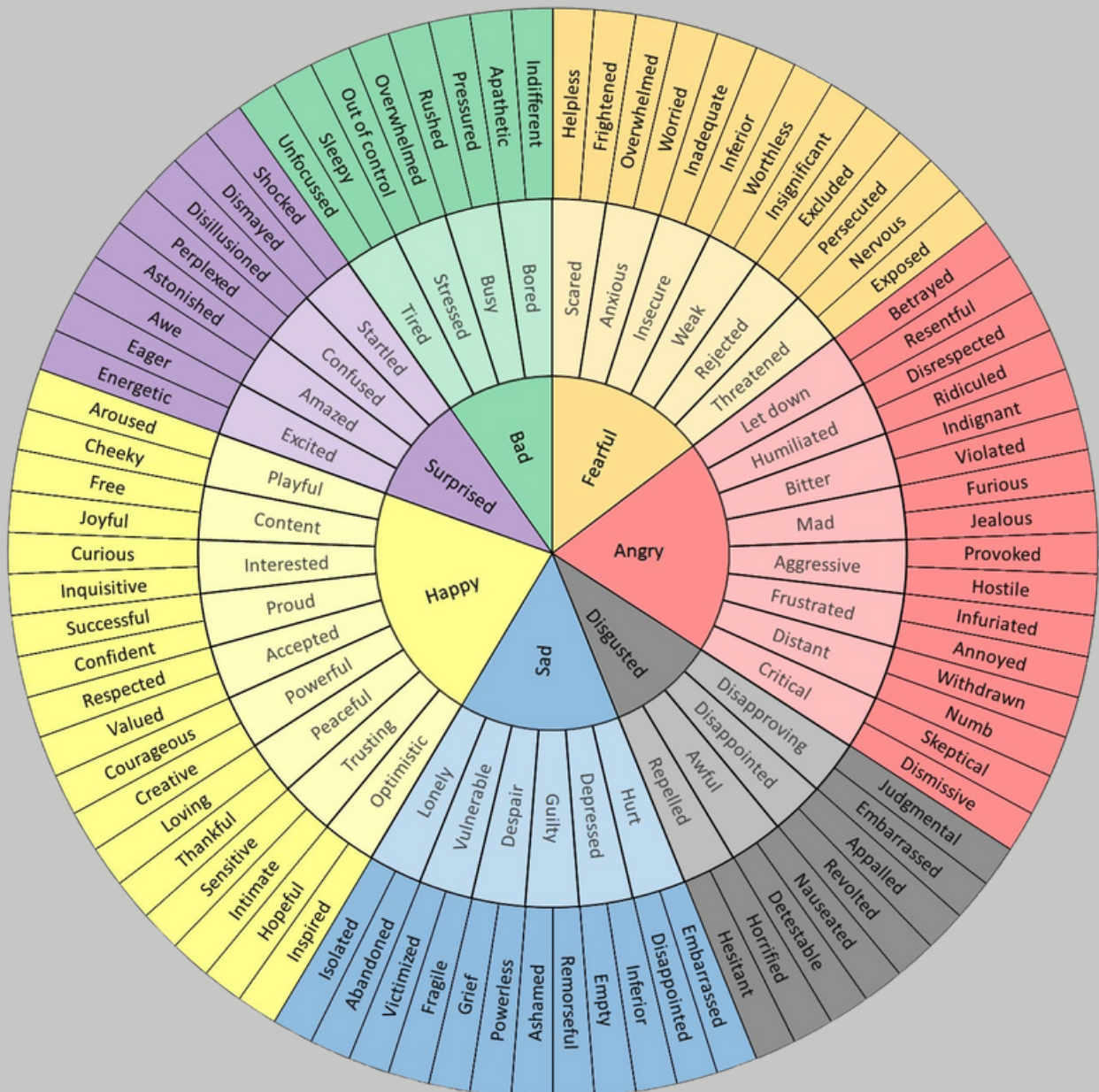


# FEELINGS INVENTORY

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My overriding feelings from today are...

\*Hint. Use the feelings wheel below to identify your emotions on a more granular level.



# FEELINGS INVENTORY

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**What was the trigger for that feeling?  
Was that feeling thought (e.g. I feel fat) or  
fact (e.g. I am physically fat)?**

**How comfortable do I feel with that  
emotion?**

**What would it feel like to sit with that  
emotion?**

**Was I able to sit with it, or did I find  
something to distract myself from the  
feeling instead?**

**Would I prefer to do anything differently  
next time?**

**What one thing will I change so I can take  
a different action next time, if that is  
necessary?**

**Did I do anything today that I have judged  
myself for?**

**If so, what happened?**

**What story am I telling myself about this  
situation?**

**Is that thought or fact?**

**How helpful is the criticism and judgement  
of myself for that situation?**

**What alternatives are there to that story?**

**What would compassion in that moment  
look and feel like to me?**

**Would I prefer to show up with criticism  
or compassion in the world?**

# **FUTURE PLANNING**

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**Did I show up as myself today, true to myself?**

**Did I stick to the boundaries I have set for my own needs?**

**Did I show up in a way that was helpful and healthful to me?**

**If not, what one thing will I change for tomorrow?**

**What one commitment am I making to myself for tomorrow?**

**Did I stick to my commitment from yesterday?**

**If yes, go me.**

**If no, what happened that stopped me?**

**What one thing have I learned from that?**

**Is there anything I am missing in my toolbox for emotional safety and needs that I am missing?**

**Where will I find that?**

# GRATITUDE

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**3 things that I'm grateful for today are...**

**\*Hint. Think about how you'd feel if these things were taken away from you – how would that feel?**

# OVEREATING TOOL

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**This tool will allow you to use some of the strategies you have saved from my Instagram, the other coaches and if you're a client of ours, all of the other tools we have provided that support you in your self-care and emotional regulation, to reflect and review around overeating episodes.**

**It will help you identify specific patterns that lead to your overeating, which will make it easier to break the cycle next time.**

**After the next occasion that you mindlessly eat, overeat or emotionally eat, complete the following. In your journal, write the numbered headings and your answer to each.**

**After completing, you will have a plan in place for alternative strategies moving forwards. Refer back to your answers when you recognise similar factors or triggers occurring.**

# OVEREATING TOOL

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## 1. Problem behaviour (incl. date)

E.g. emotional eating, overeating, mindless eating

## 2. Vulnerability factors

What made you more susceptible?

E.g. tiredness, lockdown, inability to train

## 3. Prompting event

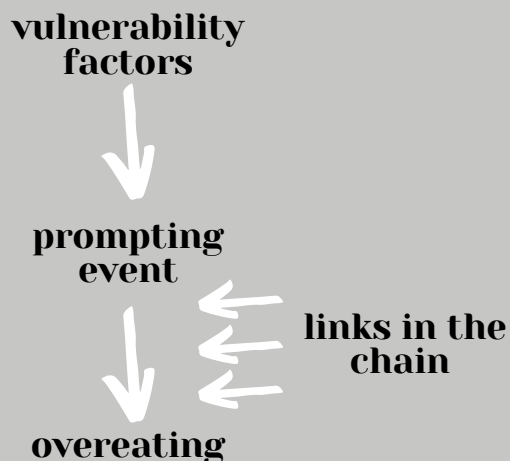
What triggered the chain of events?

E.g. Arguments, stress, taking weight, trigger food

## 4. Links on the chain

Actions, feelings, thoughts, experiences

E.g. overwhelm, desire to eat more than you 'allowed', serving yourself more than planned, feeling the 'screw it' mentality, feeling of failure.





# OVEREATING TOOL

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## 5. Skilful behaviours to substitute

Identify what you could have done differently by substituting a skill to break the chain. Replace actions with actions, feelings with feelings etc.

E.g. grounding breaths, meditation, journaling, talking, reviewing goals and values, surf the urge

## 6. What were the consequences of this behaviour?

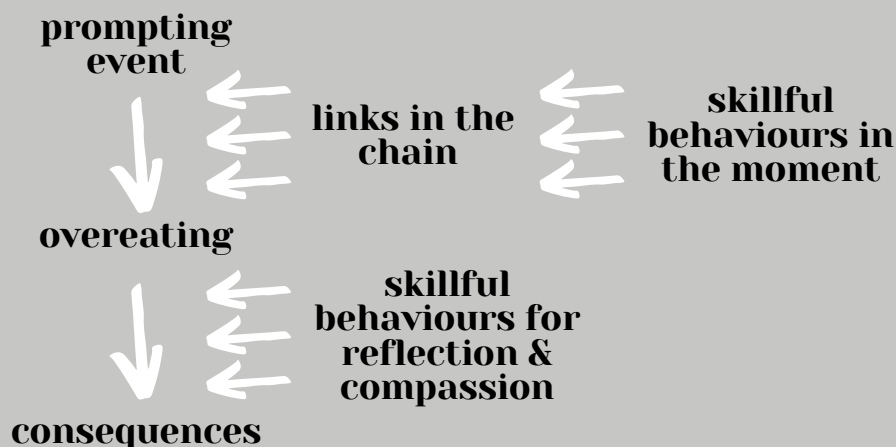
a. Immediate

b. Longer term

E.g. physical feelings, emotions, giving up on goals, lack of desire to make change

## 7. Plan to repair and do things differently next time

E.g. self-compassion, self-talk, journaling, self-care; grounding, implementation intention, consulting these logs



**Don't try and use all of these in one go! Pick a section, try it out.**

**Commit to daily for 7 consecutive days. Let me know how it goes.**

**Find out more about one-to-one support [here](#). We've helped 1000s of women overcoming overeating and find peace with food.**

