

Emotional Eating

Questionnaire

1. T/F: A food journal can be used to identify emotional eating patterns. (Circle one).
2. Which personality type is most associated with making food choices based on opportunity?
3. T/F: Practicing self-care is a way to empower yourself. (Circle one).
4. What is one way you can employ Mindful Eating?
5. Between what numbers should you stay while using the Hunger Scale?
6. What is one question you might ask yourself per the "Inner Dialogue" presentation slide?
7. Does stress have the ability to affect our genes?
8. Name a method of stress relief you would like to try (in addition to exercise).