**~ Food & Freedom ~ Worksheet - April 2018**

**What did you have for breakfast this morning?**

|  |
| --- |
|  |

**How much of it did you eat?**

|  |
| --- |
|  |

**Is this more or less or the same as usual?**

|  |
| --- |
|  |

**How would you describe your relationship with food?**

|  |
| --- |
|  |

**What’s your favourite food?**

|  |
| --- |
|  |

**When did you last eat when you weren’t really hungry? What did you eat? Why?**

|  |
| --- |
|  |

**When do you find it hard to eat well?**

|  |
| --- |
|  |

**When do you most want to overeat?**

|  |
| --- |
|  |

**Why?**

|  |
| --- |
|  |

**What foods do you regularly overeat?**

|  |
| --- |
|  |

*Good work lady! This is such a great first step in gentle starting the unraveling of the complex relationship many women have around emotions and food. Good work you! Now go dive into the tutorial: I’ll see you there.*

**