

Self-awareness worksheet 1.

What happened 1-2 hours before your overeating episode?	
What were you doing?	
What were you thinking?	
How did you feel emotionally?	
How did you feel physically?	
Where were you?	
What time was it?	
Who was with you?	

Self-awareness worksheet 2.

What happened immediately before your overeating episode?	
What were you doing?	
What were you thinking?	
How did you feel emotionally?	
How did you feel physically?	
Where were you?	
What time was it?	
Who was with you?	

Self-awareness worksheet 3.

What happened during your overeating episode?	
What were you doing?	
What were you thinking?	
How did you feel emotionally?	
How did you feel physically?	
Where were you?	
What time was it?	
Who was with you?	

Self-awareness worksheet 4.

What happened after your overeating episode?	
What were you doing?	
What were you thinking?	
How did you feel emotionally?	
How did you feel physically?	
Where were you?	
What time was it?	
Who was with you?	