



Food and Feelings Journal

| Trigger Food | Alternative |
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Make a list of your trigger situations. For each situation, list one alternative behavior that you **CANNOT engage in while eating**

| Situation | Alternative Behavior |
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List 5 activities that you enjoy that relieve your stress. These should **not involve food**.

| Activity |
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List 5 reasons that weight maintenance is important to you.

| Weight Maintenance is Important Because |
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List 5 negative consequences of not maintaining your weight loss and/or losing more.

| Not Maintaining/Losing Weight will Cause me to |
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