

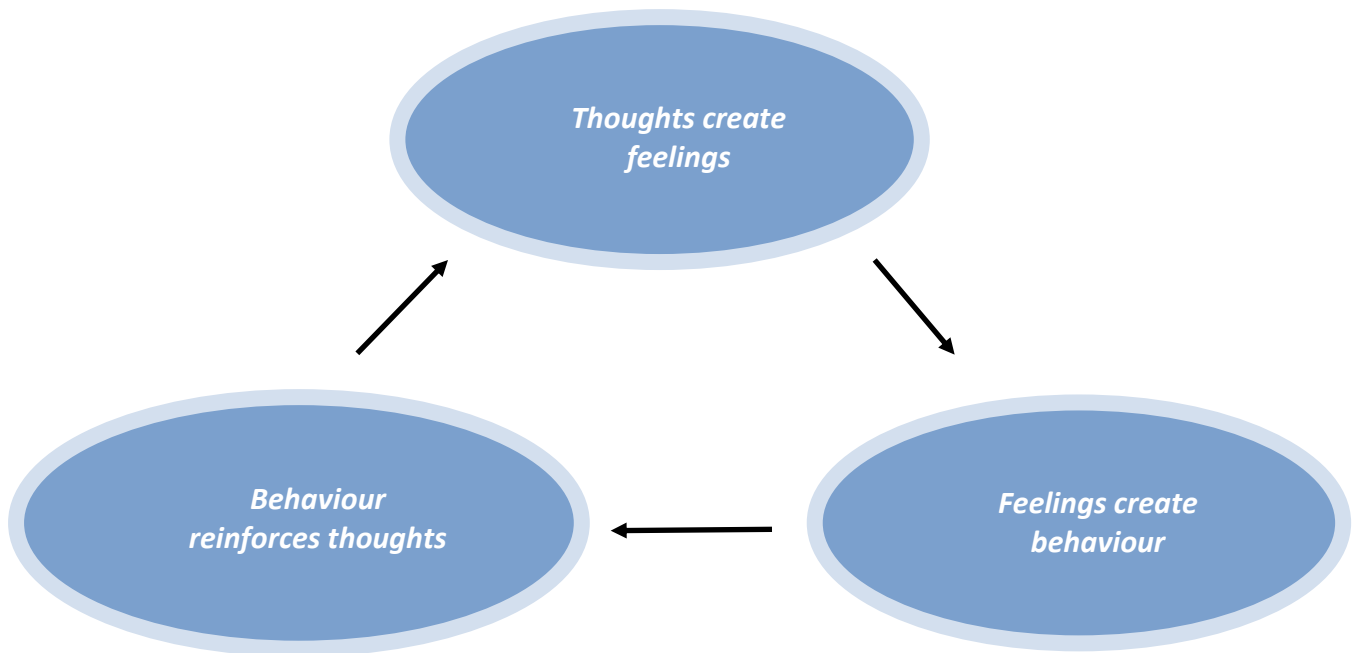
Making the Connection

Thoughts, Feelings and Behaviours

Our thoughts, feelings and behaviours can sometimes lead to unhealthy eating patterns. The good news is that by making small changes in each area, you can start to overcome eating difficulties and make strides towards achieving your weight loss goals. The key to success is becoming aware of our thought patterns and how they impact our emotions and behaviours and then learning how to respond in a healthy way.

Tying it all together

Continue journaling your patterns of thoughts, feelings, and behaviours to help you break these patterns. Remember to challenge your unhelpful thought patterns by talking to yourself in a different way. Ease emotional distress by using different methods to self-soothe or distraction, and overcome unhelpful behavioural habits by practicing mindful eating.



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Making the Connection continued

How did you approach the situation and how could you approach it differently?

Think of a situation you have encountered recently and how you could have approached this differently. Use the chart below to journal your thoughts, feelings and behaviours. Notice in the example the connection between thoughts, feelings and behaviours.

Situation	Thought	Feeling	Behaviors	Outcome
Example: Stressful day at work	"I just had the worst day ever!" "I can't handle this!" "I need some greasy food!" "I should treat myself. I deserve it!"	Stress, anxiousness, tired	Eating too much pizza	"I feel guilty about my food choice and I still feel really stressed about my day"

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