'Food and Mood'
Diary

For a week or so before you attend the **Appetite for Living** workshop, I recommend that you keep a note of what you eat and drink.

Why? Because the first stage of any personal development is having an awareness of your starting point and your current 'strategy' for keeping yourself there.

Note: If you eat when you are *not* hungry, see if you can press pause, i.e. delay eating for a few minutes and just notice what thoughts and feelings bubble up for you. You can then chose to carry on eating … or decide not to on this occasion.

Either way is fine, just make a note of what bubbled up when you did hit pause.

It's interesting to notice that we sometimes use food and drink to 'self medicate'

Date	Food / Drink	Mood before eating	How hungry were you 1-5- (where 5 = ravenous)	What happened when you delayed eating (i.e. what thoughts and feelings bubbled up for you)	Your thoughts and feelings after eating