

Behavior Follows State!

So far, I am discovering, that when I feel sympathetic, or hyperaroused, my emotions are (happy, sad, angry, scared)_____when I am in this state.

My relationship with food becomes _____ when I am in this state

I believe food is _____when I am in this state.

My body responds to food by _____when I am in this state.

My thoughts about food are _____when I am in this state.

When I am with food in this way I believe I am _____

What do I notice in my environment? _____

Am I alone in this moment? With others?_____

So far, I am discovering, that when I feel dorsal, or hyporaroused, my emotions are (happy, sad, angry, scared)_____when I am in this state.

My relationship with food becomes _____when I am in this state

I believe food is _____when I am in this state.

My body responds to food by _____when I am in this state.

My thoughts about food are _____when I am in this state.

When I am with food in this way I believe I am _____

What do I notice in my environment? _____

Am I alone in this moment? With others?_____

So far, I am discovering, that when I feel ventral, or balanced my emotions are (happy, sad, angry, scared)_____when I am in this state.

My relationship with food becomes _____when I am in this state

I believe food is _____when I am in this state.

My body responds to food by _____when I am in this state.

My thoughts about food are _____when I am in this state.

When I am with food in this way I believe I am_____

What do I notice in my environment? _____

Am I alone in this moment? With others?_____

In what state is it most difficult for me to stay consistent with feeding myself?_____

What do I notice happens in my body and in my mind during these times?

What sensations do I notice? Describe them. I.e.: Is my stomach tight? Butterflies? Heart racing? Disconnected and detached?

Before I eat I notice the following internal sensations, emotions and thoughts:

How may I bring safety to this moment?

When I am eating I notice the following internal sensations, emotions and thoughts:

How may I bring safety to this moment? Is there something I can change in my environment?

When I am done eating I notice the following internal sensations, emotions and thoughts:

How may I bring safety to this moment? Is there something I can change in my environment?
