

Understand a recurring eating pattern

Use the spaces below for your own notes. Bring questions to the appropriate professional.

1. The plan or change I tried:

2. What was happening when it became difficult?

3. What I noticed about hunger, thoughts, or routines:

4. What I tried next, and what happened:

5. Questions I want professional help with:

6. One manageable next step:

7. Who can support me?

8. Review date and observations:

This reflection sheet does not diagnose an eating disorder or prescribe weight-loss treatment. Bring distressing eating patterns to a qualified clinician.

Read the guide:

<https://urolongevitypress.com/articles/breaking-the-dieting-cycle.html>