



# Emotional Eating

**S** – Stand STILL

**T** – Think: How Am I FEELING? What do I need EMOTIONALLY?

**O** – Options: In what ways can I get my EMOTIONAL NEED In a HEALTHY WAY?

**P** – PRAISE Self! Builds self-efficacy.

<b>SITUATION</b>	<b>S: Stand STILL</b>	<b>T: Think - How Do I FEEL? What do I need EMOTIONALLY?</b>	<b>O: Options – What are HEALTHY ways to meet need?</b>	<b>P: PRAISE SELF</b>
Alone late at night... head into kitchen	Awareness strikes... STAND STILL	"I feel lonely." "I need companionship." "I need comfort."	Engage in a project Call a friend/sponsor Read a fun/relaxing book Take a bath/shower Journal	<b>GO ME! YES I CAN!</b>