

Escape Plan: Emotional Eating Trap

Situation #1: Feeling lonely at night. I'm sad that my husband and I have grown apart. Sometimes it seems like food is my best friend.

Sabotaging Thoughts	Reminders	Strategies
<p>I'm lonely. I deserve to treat myself with extra ice cream.</p> <p>Ice cream is the only thing that makes me feel better.</p> <p>It's not fair that I can't comfort myself with food.</p>	<p>It's true that I'm lonely. I need to accept the feeling and deal with loneliness in another way.</p> <p>If I binge on ice cream, I'll still feel lonely plus I'll feel bad about myself.</p> <p>It's not true that ice cream is the only thing that makes me feel better. I'd also feel better if I called my friends and connected with them.</p> <p>What would be even more unfair is if I let a sense of unfairness stand in my way of losing weight, which is really important to me.</p>	<p>Start buying only a single ice cream treat each day to eat at night. Throw away the pints of ice cream that are already in the freezer.</p> <p>Figure out ways to get together with friends on at least a couple of evenings a week.</p> <p>Go to the movies by myself.</p> <p>Save errands for nighttime.</p> <p>Call Ruthie! Call Maureen!</p> <p>Connect with Lois and Barbara through e-mail.</p> <p>Ask Phyllis to take a walk with me after dinner on weekdays.</p> <p>Look into taking a Spanish course.</p> <p>Enlist my friends to help me figure out what else to do to make my life better.</p>