

# Special Topics

## Emotional Eating

### Coach's Instructions:

1. Open class with one or more of the suggested opening questions.
2. Play Emotional Eating DVD.
3. Close with an activity and/or closing discussion questions.

### Opening Discussion Questions: (Options)

- What foods do you crave?
- Do you ever struggle with emotional eating?
- What emotions typically drive you to eat?
- What time of day are you most vulnerable to emotional eating?
- How do you feel after you eat out of emotion?

### Activities after DVD: (Optional)

Ask each participant to write down the “steps to change” and discuss.

1. Identify your triggers to eat out of emotion.
2. What is your motivation for change?
3. Establish your plan and set goals.
4. What is your plan to stay on track?

### Closing Discussion Questions: (Options)

- What triggers cause you to eat out of emotion?
- What is your motivation to avoid emotional eating?
- What steps could you take to avoid emotional eating?
- How can you treat yourself without bingeing?
- What can you seek for comfort rather than food?



*Curves*