

Emotional Awareness Journal

Understanding the Heart Beneath the Hunger

Purpose: This journal page is not about fixing food. It is about noticing what is happening inside you with honesty, compassion, and grace. There are no right or wrong answers.

1. Pause and Ground

Before writing, take a slow breath.
Place your feet on the floor.
Remind yourself: I am safe to notice what is true.

2. What Is Happening Right Now?

Briefly describe what is going on in this moment or what just happened.

Situation, moment, or trigger:

Where am I right now? *Home, work, car, social setting, alone, other*

3. What Am I Feeling?

Circle or write any emotions that feel present. You may list more than one.

Sad
Anxious
Overwhelmed
Lonely
Angry
Tired
Numb
Restless
Ashamed
Bored
Stressed
Hurt
Other: _____

What emotion feels strongest right now?

Where do I notice this feeling in my body?
Chest, stomach, shoulders, jaw, head, other

4. What Thoughts or Beliefs Are Showing Up?

Write the thoughts that are running through your mind without judging them.

What am I telling myself right now?

Is there a familiar belief underneath this thought?

Examples: I am not enough, I cannot handle this, I need relief, I am out of control

Underlying belief:

5. What Do I Want Food to Do for Me Right Now?

This section is about honesty, not shame.

I want food to help me:

Comfort

Distract

Calm down

Feel full

Feel safe

Feel rewarded

Numb out

Have control

Other: _____

In my own words:

6. What Do I Actually Need?

Sometimes food has been meeting a need that deserves care in another way.

Right now, I need:

Rest

Connection

Reassurance

Movement

Prayer

Comfort

Silence

Support

Boundaries

Other: _____

One gentle way I could meet this need without food is:

7. Invitation to God

You may write a prayer or simply answer the prompts.

God, what do You want me to notice here?

What truth do You want to speak over this moment?

Scripture, phrase, or truth I want to hold onto:

8. Closing Reflection

What did I learn about myself from this pause?

How can I show myself grace in this moment?

Gentle Reminder

Food is not the enemy.

Your emotions are not the enemy.

Awareness is the beginning of healing.