**Session 3 – Whether or Not to Eat**

*(handout 2)*

**If you are not hungry but still want to eat, you have at least three options:**

**1. Eat Anyway: Think about a time when you were not hungry but ate anyway. How did you feel?**

**2. Distract Yourself: Write down an instance when you distracted yourself. How did you feel?**

**3. Meet your true needs. The last option is to figure out what you really need.**

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| --- | --- |
| **What you feel?** | **How can you meet that need?** |
| Tired |  |
| Bored |  |
| Stressed |  |
| Happy |  |
| Lonely |  |
| Angry |  |