

Overeating Reflection and Reset Challenge

Instructions:

Use this challenge to reflect on a recent overeating experience and create a plan to bounce back with confidence. Take your time to fill out the sections below.

Step 1: Identify the Trigger

What triggered your overeating?

- Example: Stress, boredom, social pressure, emotions, or skipping meals earlier in the day.

Your Trigger:

Step 2: Assess the Situation

What happened during the overeating?

- Example: How much did you eat? Were you mindlessly snacking, or was it a large meal?

Your Reflection:

Step 3: Understand the Why

Why did you feel the need to eat at that moment?

- Example: Were you seeking comfort, distracted, or avoiding something?

Your Insight:

Step 4: Create Your Reset Plan

What will you do differently next time?

- Examples:
 - Take a walk before reaching for food.
 - Use a healthier coping mechanism, like journaling or talking to someone.
 - Practice portion control with pre-measured snacks.

Your Reset Plan:

Step 5: Set a Positive Action

What's one thing you can do today to feel back on track?

- Example: Drink water, plan tomorrow's meals, or go for a walk.

Your Positive Action:

By completing this challenge, you've taken an important step toward creating healthier habits and building resilience. Keep this as a reminder that one overeating episode doesn't define your progress—it's how you respond that matters!

