

1. What and how much did I eat that wasn't planned?

2. Where I was and what time it was:

3. What triggered it?

4. Thoughts I was telling myself when it happened:

5. I was feeling:

6. Did I try to resist or did I just react?

7. Did I try to allow the feeling? What worked, what didn't?

8. What did I learn from this?

9. What do I want to do next time?