



My Long Term Plans

What do I need to do in the long run to reduce my need to use food to feel better? How am I going to keep my Tank P full enough so that I don't need to eat often to fill my psychological needs? What underlying emotional issues do I think I may need to tackle? Check all that apply.

- Lack assertiveness (You are not able to make time for self or you have difficulty setting boundaries with others.)
- Feel deprived regarding food (You feel it's unfair that your genes or metabolism make it harder for you to attain a reasonable weight than it is for others.)
- Feel bitter (You feel life has been unfair to you in other, non-food ways.)
- Lack financial resources
- Life lacks adequate alternative pleasures
- Life lacks adequate social contacts or activities
- Family demands or conflicts
- Work too demanding or stressful
- Health problems
- Other psychological issues (depression or anxiety)
- Difficulty staying organized and focused on a plan of action
- Significant others not supportive
- Guilt
- Dwelling on things from your past that can't be change (for example, past losses or trauma)



What keep you from addressing these issues?

What is your plan to start addressing these issues?

Do you need professional help to address these issues?
