
Emotional Eating Awareness Map

A Gentle Self-Reflection Worksheet by Heather M. Hewett

*Understand your cravings. Explore your emotions. Build a
more compassionate relationship with food.*

HEATHER M. HEWETT · [HEATHERMHEWETT.COM](https://heathermhewett.com)

A printable self-reflection worksheet. Take your time with it, and be gentle with yourself.

A Note Before You Begin

Have you ever found yourself reaching for food after a stressful day, a difficult conversation, or a moment when you feel emotionally overwhelmed?

Perhaps you notice certain cravings when you're tired, frustrated, lonely, or simply looking for a moment of comfort.

You're not alone, and you don't need to judge yourself for these experiences.

Food is more than nourishment. It can bring pleasure, comfort, connection, and familiarity.

Your relationship with food may also be influenced by stress, emotions, physical hunger, daily routines, and past experiences.

I'm Heather M. Hewett, and my approach to emotional eating brings together clinical nutrition, emotional awareness, trauma-informed somatic practices, and nervous system support.

Rather than focusing only on food rules or willpower, I help people explore the deeper patterns that may influence their relationship with food.

This awareness map is a starting point for that exploration.

You don't need to fix yourself. You can begin by understanding yourself.

How to Use This Awareness Map

Choose a recent moment when you noticed a craving, an urge to eat, or a familiar eating pattern. Find a quiet moment, take your time, and answer only the questions that feel helpful.

You don't need perfect answers. A few honest observations are enough.

As you work through the map, remember:

- There are no right or wrong answers.
- You don't need to label your eating as good or bad.
- Emotional and physical hunger can happen together.
- You can pause whenever reflection feels uncomfortable.
- The goal is awareness, not restriction or perfection.

PART 1: Notice the Situation

What was happening just before I noticed the urge to eat?

Think about your surroundings, activities, interactions, or daily routine. For example, you might have finished a demanding workday, experienced a difficult conversation, felt bored, or finally had a moment to yourself.

Where was I, and what was happening around me?

Have I noticed a similar situation before?

- ☐ Yes
- ☐ No
- ☐ I'm not sure yet

PART 2: Explore My Emotions

What feelings or thoughts were present in that moment?

You might have experienced stress, sadness, frustration, loneliness, boredom, excitement, anxiety, or a combination of feelings.

You may not know exactly what you were feeling, and that's okay.

What I noticed emotionally:

What thoughts were on my mind?

Was there anything I was finding difficult to process or manage?

Gentle reminder: Your emotions are not problems you need to eliminate. They are experiences you can learn to understand.

PART 3: Check In With My Body

What physical sensations did I notice?

Our eating experiences are influenced by physical needs as well as emotions and circumstances. Before drawing conclusions about a craving, take a moment to notice what your body might be communicating.

- ☐ Hunger
- ☐ Tension
- ☐ Low energy
- ☐ Nothing noticeable
- ☐ Tiredness
- ☐ Restlessness
- ☐ Physical discomfort
- ☐ Something else:

Had I eaten enough or had access to satisfying meals that day?

Was I experiencing physical hunger, emotional distress, or possibly both?

There is no need to force a distinction between emotional and physical hunger. Both can be present, and your physical needs deserve attention.

PART 4: Understand the Urge

What was I hoping for in that moment?

Sometimes we want nourishment. Sometimes we want comfort, pleasure, a break, connection, or relief from an uncomfortable experience. Food can be part of meeting those needs, and eating for comfort is not a personal failure.

I think I may have been looking for:

- ☐ Nourishment
- ☐ Relaxation
- ☐ Enjoyment or pleasure
- ☐ Relief from stress
- ☐ Comfort
- ☐ Connection
- ☐ A break from my responsibilities
- ☐ Something else:

What did I notice about my urge to eat?

What would I like to understand about this experience?

PART 5: Reflect Without Judgment

What did I notice afterward, physically or emotionally?

Think about what happened after you ate or responded to the urge. There is no need to evaluate your choices or decide whether you did something right or wrong.

Did anything feel helpful, comforting, difficult, or unexpected?

What can I learn from this experience without criticizing myself?

Awareness grows when you can look at your experiences with curiosity instead of shame.

PART 6: Identify My Patterns

I tend to notice cravings when:

One experience doesn't tell the whole story. Over time, you may notice recurring situations, feelings, or habits that help you understand your relationship with food. Consider the following questions.

Some feelings or situations that may influence my eating are:

Something I notice about my routines or daily habits is:

A pattern I would like to understand better is:

You don't need to change a pattern simply because you've noticed it. Understanding what is happening can help you decide whether anything needs attention or support.

PART 7: What Might I Need?

Right now, I might need:

Sometimes an urge to eat is connected to physical hunger. Sometimes it happens alongside a need for comfort, rest, connection, or emotional support. You don't have to replace food with another coping strategy. Instead, consider whether there is anything else that might support you in that moment.

- ☐ A satisfying meal or snack

☐ A break from work or responsibilities

☐ Connection with someone I trust

☐ Help with a stressful situation

☐ I'm not sure yet
- ☐ Rest or sleep

☐ Time to process my feelings

☐ A calmer environment

☐ Professional support

☐ Something else:

One supportive thing I can offer myself is:

One small step I could try next time is:

Remember, you are allowed to eat when you're hungry, enjoy food, and seek comfort. The purpose is to give yourself more understanding and flexibility, not another set of rules.

PART 8: My Compassionate Action Plan

The pattern I want to pay attention to:

Choose one small, realistic step that feels supportive for you. It might be making time for regular nourishment, allowing yourself to rest, noticing a difficult emotion, or asking someone for help.

The support I would like to have available:

One thing I want to remind myself when food feels complicated:

My personal reminder: I can learn about my relationship with food without blaming myself. I can listen to my needs, respond with compassion, and take things one step at a time.

PART 9: My Reflection

One thing I understand about myself a little better now:

Take a final moment to consider what you learned from completing this map.

One thing I want to approach with more compassion:

One thing I am giving myself permission to do:

You don't have to leave this exercise with a complete plan or a clear answer. Sometimes the most valuable first step is simply recognizing an experience you hadn't fully understood before.

A Final Note From Heather

Your relationship with food is shaped by more than willpower or a list of things you should and shouldn't eat.

Your physical needs, emotions, daily experiences, routines, and environment can all influence how you eat and how you feel about food.

My approach brings together clinical nutrition, emotional awareness, trauma-informed somatic practices, and nervous system support to help you explore these connections with compassion.

You deserve an approach that respects your individual experiences rather than reducing your struggles to a lack of discipline.

You don't have to change everything at once. You can begin with one observation, one moment of understanding, and one supportive choice.

You are not a problem to solve. You are a person worth understanding.

Want More Personalized Support?

If emotional eating, food cravings, or food guilt are affecting your relationship with food, you may benefit from additional support tailored to your needs.

Explore my [Emotional Eating and Food Cravings Coaching](#) to learn more about working together.

You can also explore the [Emotional Eating Reset Workshop](#) for additional guidance and practical learning.

Take your time, be gentle with yourself, and remember that meaningful change doesn't require perfection.

— Heather

About This Worksheet. The Emotional Eating Awareness Map is an educational self-reflection resource. It is not a diagnostic assessment and does not replace individualized medical, nutrition, or mental health care. If reflecting on eating feels distressing or increases anxiety or food preoccupation, pause and consider seeking support from an appropriately qualified professional.

© Heather M. Hewett | heathermhewett.com