Name(s):

DO WE EAT WHAT WE FEEL?



After watching the videos, answer the questions that follow.







your ar	nswer, aft	er studying th The Cycle of Addi	e following	r comfort n of an ny snack Make excuses. Tell yourself you'll eat just one bite. Eat one. Feel better for a second.	Stressed Anxious Lonely Bored Sad Angry Nervous Empty Unfulfilled Disappointed Helpless I deserve it. I'm working so hard. It's just one. 'hat harm is one chip? ife is about enjoying. I can't be too strict. What's the big deal? Lighten up. It'll taste so good.	