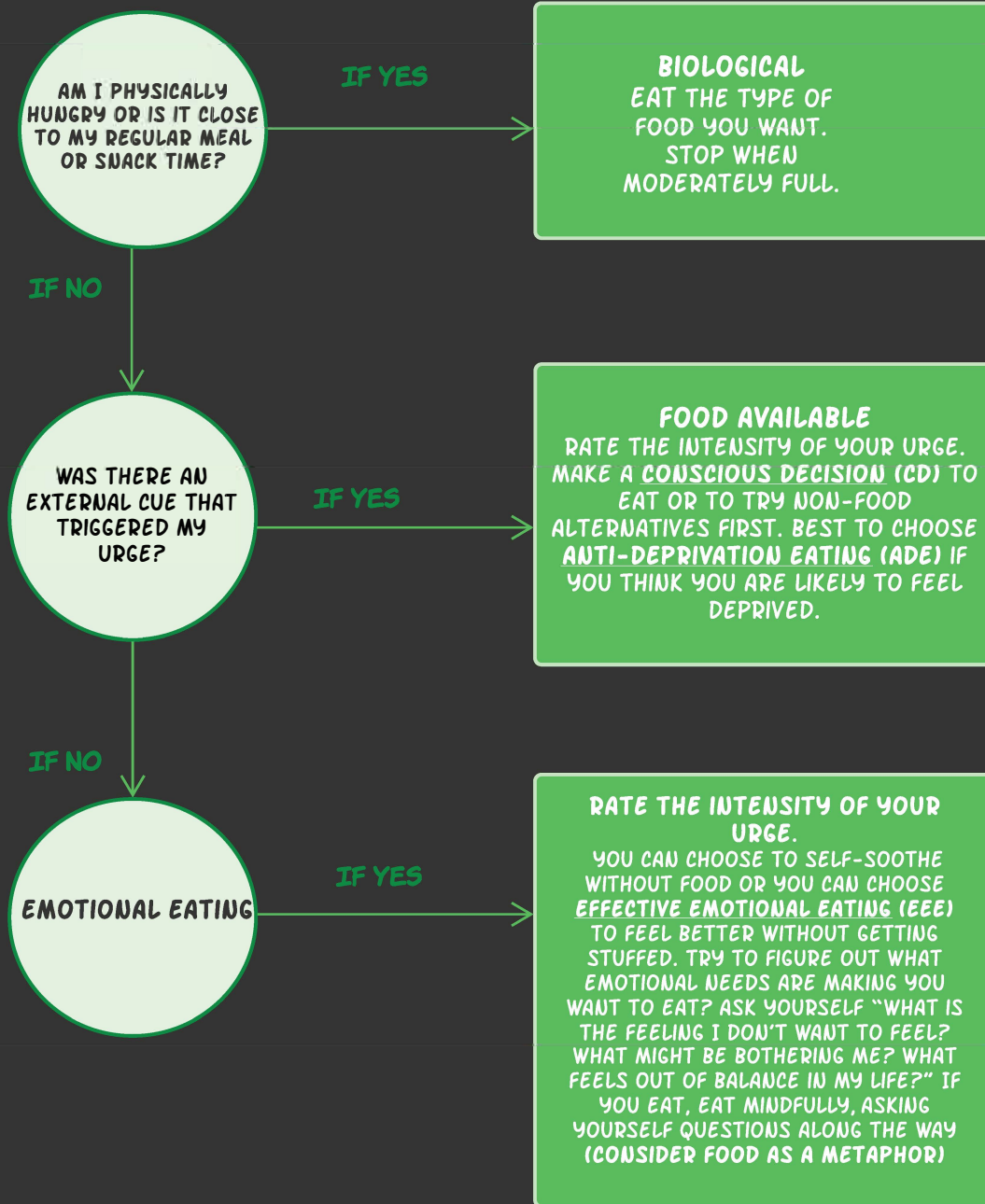


START



HELP! I WANT TO EAT!

THERE ARE MANY REASONS WHY YOU MIGHT WANT TO EAT: HUNGER, REGULARLY SCHEDULED MEALTIMES, FOOD IS AVAILABLE, OR EMOTIONS. THE TRICK IS TO FIGURE OUT WHY YOU WANT TO EAT, AND THEN TO MAKE A CONSCIOUS DECISION ABOUT WHETHER OR NOT EATING IS THE BEST OPTION AT THIS POINT. GO THROUGH THE FOLLOWING STEPS THE NEXT TIME YOU HAVE AN URGE TO EAT.

MANAGING EMOTIONS

