

Mood Evaluation Exercise

Your mood directly impacts what kind of food and how much of it you want to eat. When we're in a good mood, we tend to make healthy choices, but when we're in a bad mood, we tend to make choices not in line with our goals. Research conducted jointly by Cornell University and the University of Delaware confirms that understanding why we make food choices when we're in a bad mood can help us make healthier choices. This exercise is designed to do just that. It will bring to the surface the automatic thoughts that lead to the mood that leads to your food choices. Every time you're in a negative mood or feel yourself getting into one, come back to this mood evaluation exercise.

Describe the situation surrounding your current mood:

Describe your mood:

What were you *thinking* (what thoughts went through your head) when you got into this mood:

