



HEALTHY FOOD THOUGHTS JOURNAL

Date: ____ / ____ / ____

Describe the situation that is stirring your emotions.

Rank the intensity of your emotions. 1 2 3 4 5 6 7 8 9 10

What are the worst-case-scenarios that are running through your mind?

Personify your emotions and make the best case you can for why they might be true.

What typical lies or irrational fears are embedded in your best possible presentation of your emotions?

What healthy choices or beliefs are available for you to do or believe?

What is the outcome of the situation that stirred your emotions?

** Keep a record of how your emotions prove unreliable in these situations.*

What truths did you learn about God and yourself in this situation? Try to include Scripture references.