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BREAKING FREE EATING & FOOD ADDICTION RECOVERY WORKSHEETS

— ♥ —

*20 Printable Tools for
Recovery, Awareness, and Hope*

A practical collection for cravings
and triggers, daily recovery, body
awareness, relapse prevention,
support, and healing.

— ♥ —

*One decision
can change your life.
Make today Day One.*

— ♥ —

— ♥ —

Created by R. Miller

— ♥ —

REMEMBER:

— ♥ —

Healing is
possible.

— • —

Progress
matters.

— • —

Be gentle with
yourself.

— • —

One day at
a time.

♥



Educational support — *not* medical or mental-health treatment





WORKSHEET CONTENTS

Tools for awareness. Steps for healing. Hope for recovery.

REMEMBER:

One day at a time.

You are stronger
than you think.

Recovery is
always possible.



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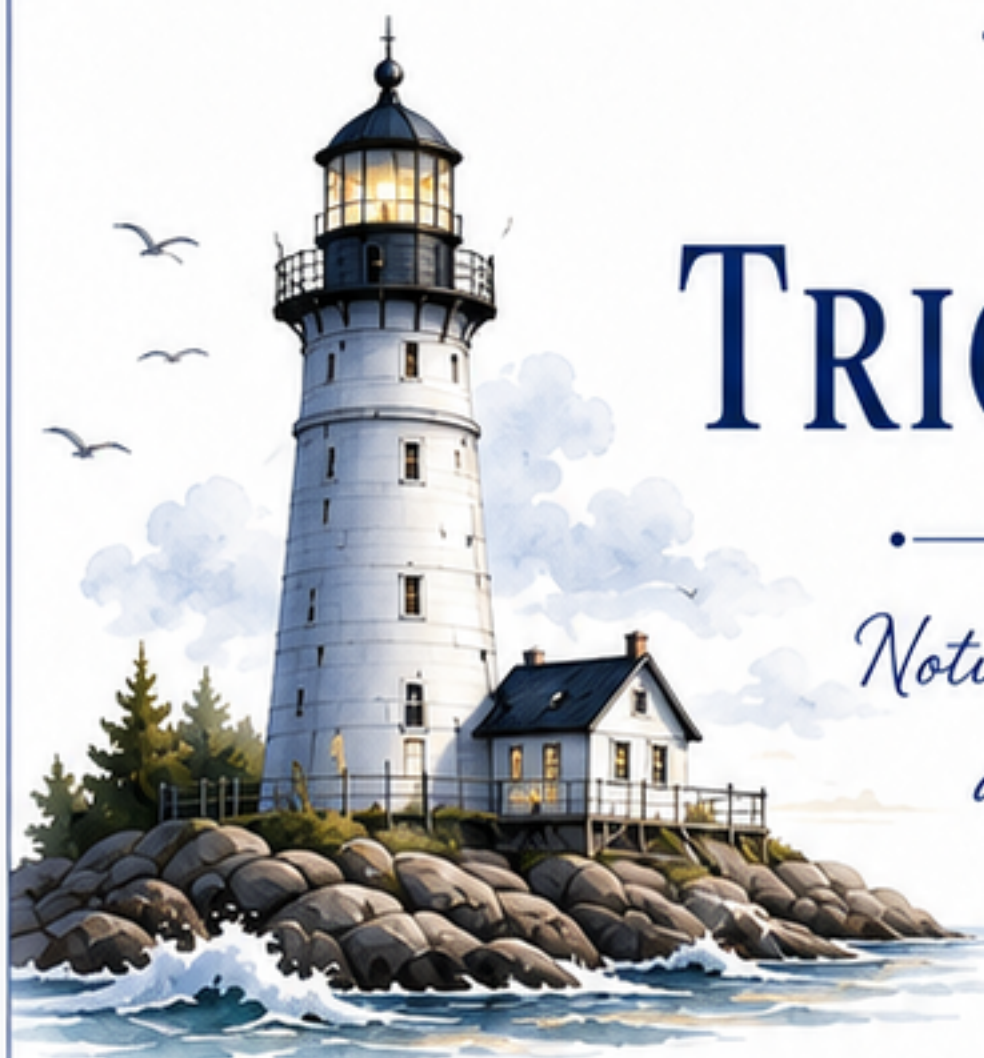
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URGES & TRIGGERS

TRIGGER TRACKER

*Notice the people, places, emotions, times,
and situations connected to urges
around food or eating.*

REMEMBER:

Awareness is
your power.

You can't change
what you don't
see.

Notice it today.
Change is
possible.

1



What happened
right before the urge?

2



Where were you and
who was present?

3



What thoughts or
feelings showed up?

4



How strong was the
urge from 0–10?

0 1 2 3 4 5 6 7 8 9 10

My urge level: _____

5

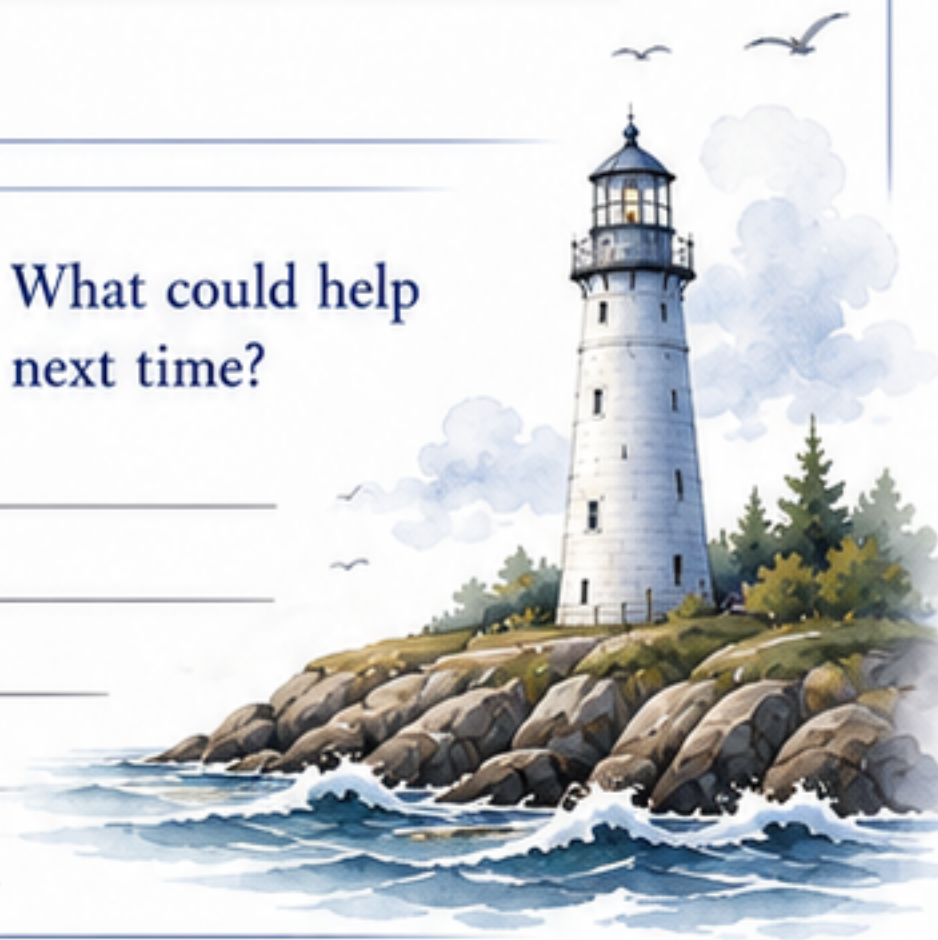


What did I do next?

6



What could help
next time?



DAILY CRAVING LOG

URGES & TRIGGERS

Record craving strength, what happened, what helped, and what you learned.

REMEMBER:

One moment
of awareness can
change your path.

You are stronger
than the urge.



DATE AND TIME: _____ AM / PM



CRAVING LEVEL FROM 0-10:



TRIGGER OR SITUATION:



THOUGHTS AND FEELINGS:



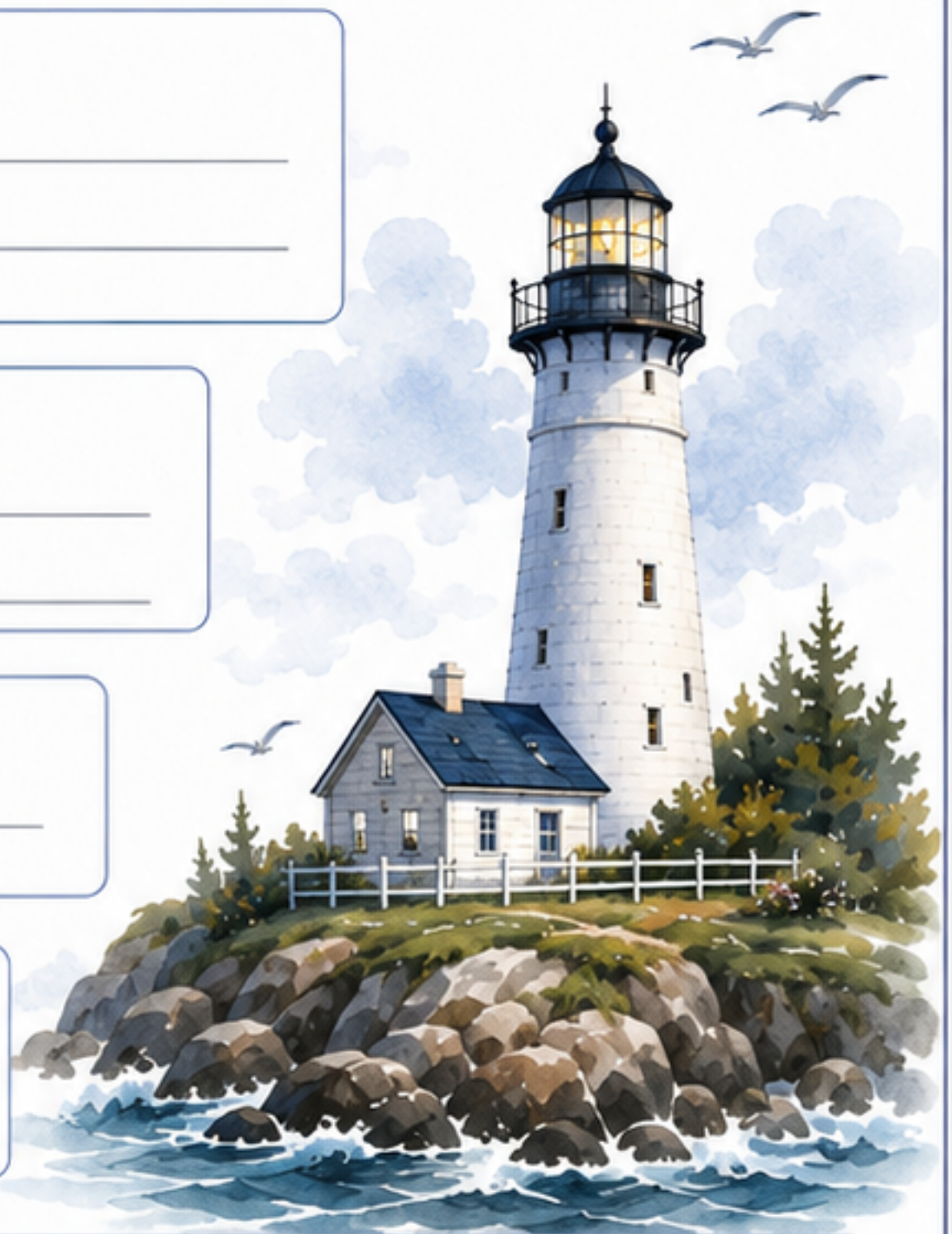
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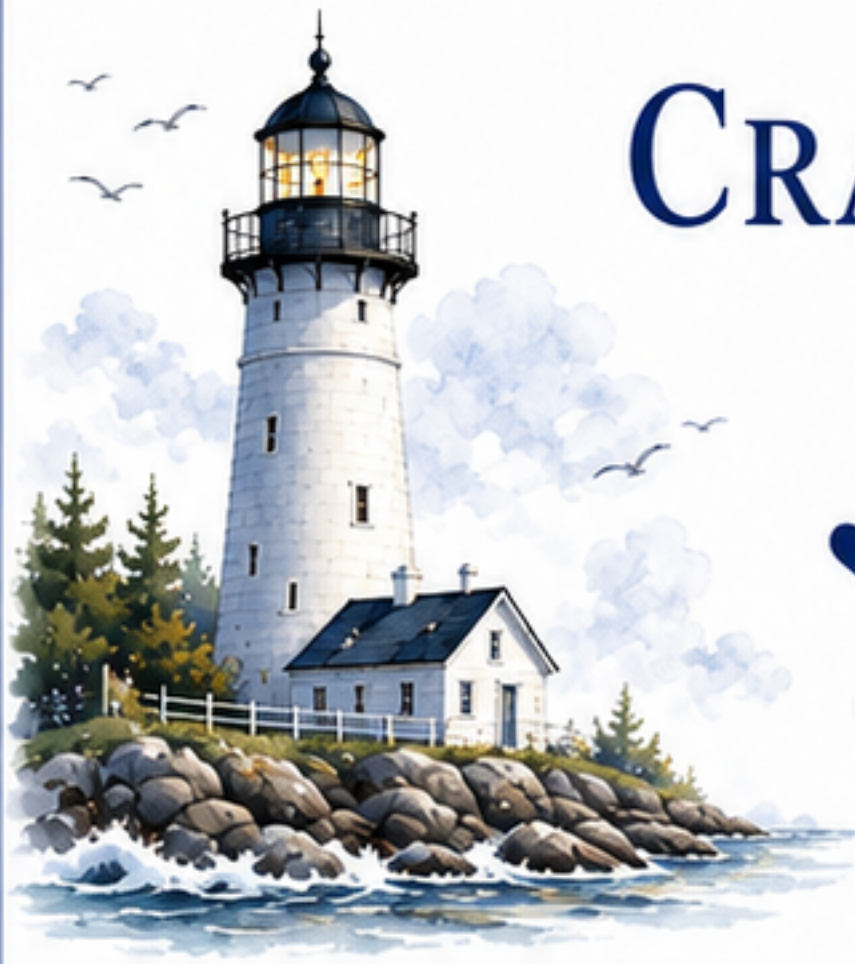


WHAT HELPED MOST?



WHAT DID I LEARN?





CRAVING EMERGENCY ACTION PLAN

URGES & TRIGGERS

Create a step-by-step plan for moments when food urges feel overwhelming.

REMEMBER:

You are stronger than the urge.

Pause. Breathe. Choose.

One decision at a time.

1 MY EARLY WARNING SIGNS



2 THREE PEOPLE I CAN CONTACT



1.

2.

3.

3 PLACES I CAN GO WHERE I FEEL SAFER



1.

2.

3.

4 WAYS I WILL REDUCE ACCESS TO TRIGGER FOODS, SECRET EATING, OR HIGH-RISK SITUATIONS



5 ACTIONS I WILL TAKE DURING THE FIRST 20 MINUTES



1.

2.

3.

4.

5.

6 EMERGENCY OR CRISIS CONTACTS



Therapist / Counselor:

Doctor / Primary Care:

Crisis Hotline:

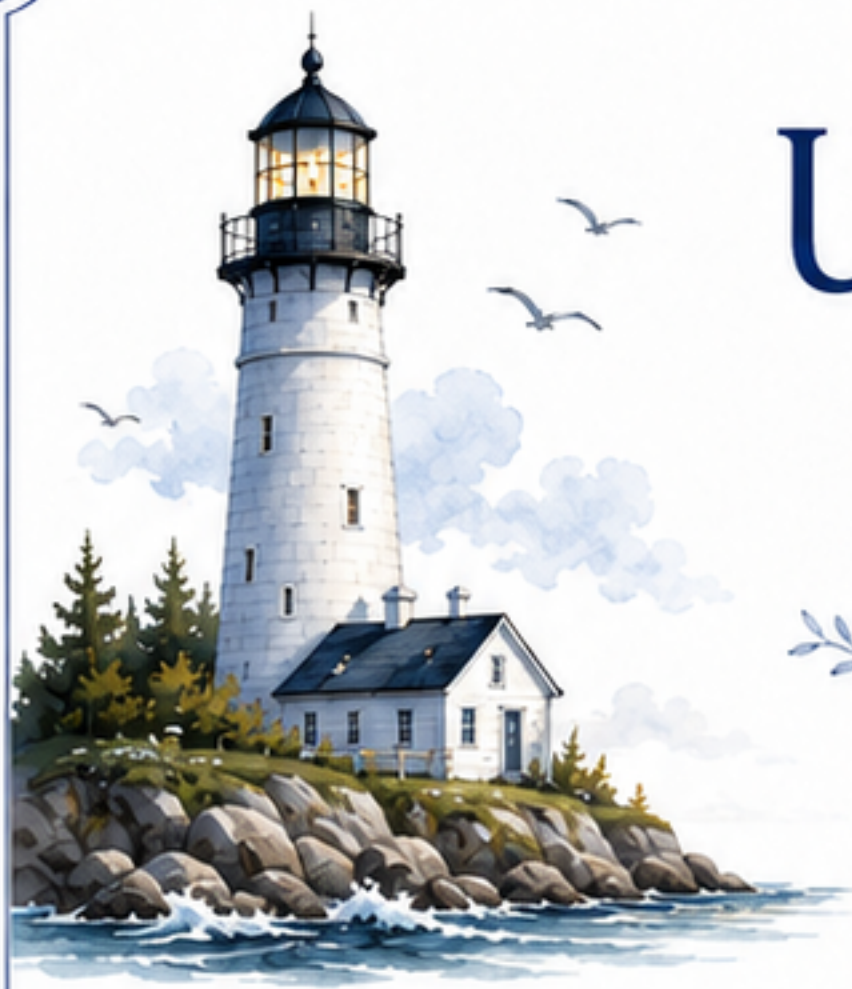
Local Support / Helpline:

Other:

MY SAFETY STATEMENT

I choose my long-term freedom over this moment of urge.
I am capable, I am supported, and I am not alone.





URGE SURFING PRACTICE

URGES & TRIGGERS

Practice allowing an urge to rise and fall without acting on it.

REMEMBER:

Healing is possible.

Progress matters.

Be gentle with yourself.

One day at a time.

1 What triggered the urge?



2 Where did I feel it in my body?



3 What thoughts came with it?



4 Urge level at the beginning



0 1 2 3 4 5 6 7 8 9 10

My urge level: _____

5 What breathing or grounding practice did I use?



6 Urge level after 10-20 minutes



0 1 2 3 4 5 6 7 8 9 10

My urge level: _____

7 What did I notice about the urge changing?

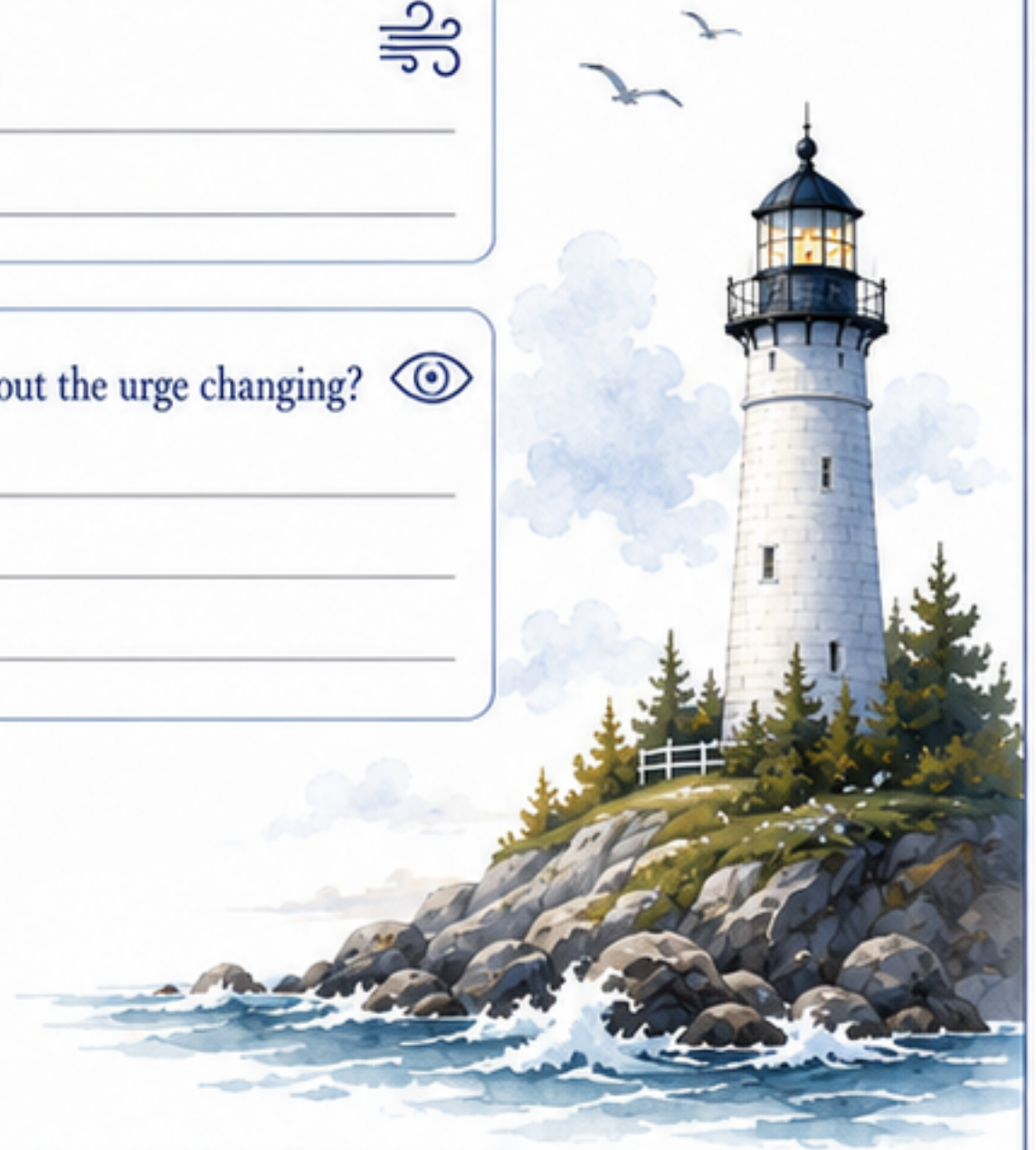


*Urges are like waves.
They rise, they peak, and they fall.*
YOU CAN RIDE THEM WITHOUT LETTING THEM TAKE YOU OVER.



ONE DECISION. ONE BREATH. ONE WAVE AT A TIME.

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DAILY RECOVERY PLANNER

*Plan support, balanced meals, self-care,
responsibilities, and a safe evening.*

REMEMBER:



Small steps.
Daily choices.
Big changes.



You are worthy
of recovery.



1. Today's top three priorities



2. Meals or snacks I plan for today



3. People or supports I will connect with



4. Healthy coping or self-care I will use



5. Possible triggers today



6. My plan for the highest-risk time of day



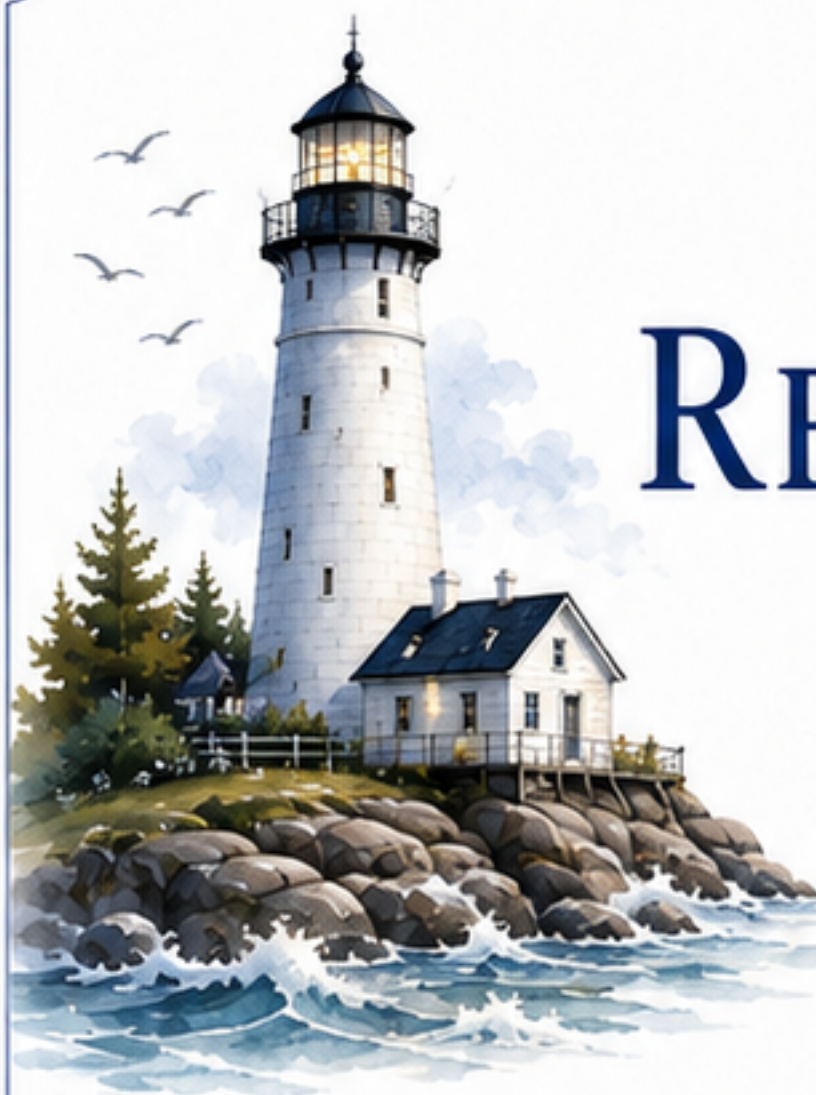
7. One kind thing I will do for myself tonight



ONE PAYMENT. ONE DECISION. ONE STEP CLOSER TO FREEDOM.

You've got this!

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WEEKLY RECOVERY REVIEW

DAILY RECOVERY

*Reflect on wins, setbacks, triggers, and
priorities for the coming week.*

REMEMBER:

Progress is
progress,
no matter
how small.

You are
stronger than
you think.

Keep showing up
for yourself.



1. MY BIGGEST WIN THIS WEEK



2. A DIFFICULT MOMENT
AND HOW I RESPONDED



3. TRIGGERS I NOTICED



4. WHAT HELPED ME STAY ON TRACK



5. WHAT NEEDS MORE ATTENTION



6. MY MAIN GOAL FOR NEXT WEEK



ONE PAYMENT. ONE DECISION. ONE STEP CLOSER TO FREEDOM.

You've got this!





MONTHLY RECOVERY REVIEW

DAILY RECOVERY

Track longer-term patterns and recognize meaningful progress.

REMEMBER:

Small steps
create big
changes.

Be kind to
yourself.

You are
getting better,
every day.

1



Progress I am proud of this month



2



Patterns I noticed in cravings,
moods, or eating behaviors



3



Relationships or
responsibilities that improved



4



What was hardest this month?



5



Support I need next month



6



My next-month focus



*Consistent reflection leads to lasting change.
Keep showing up for your future.*



RECOVERY MILESTONE REFLECTION

*Honor important milestones with
honest reflection and renewed commitment.*

REMEMBER:

Look back
with gratitude.

Stay present
with purpose.

Keep moving
forward with hope.



1. MILESTONE REACHED AND DATE

Milestone: _____ Date: _____



2. WHAT HAS CHANGED SINCE I BEGAN?



3. WHAT HELPED ME REACH THIS POINT?



4. WHAT AM I MOST PROUD OF?



5. WHAT RISKS STILL NEED ATTENTION?



6. HOW WILL I CELEBRATE SAFELY?



7. MY COMMITMENT FOR THE NEXT MILESTONE

