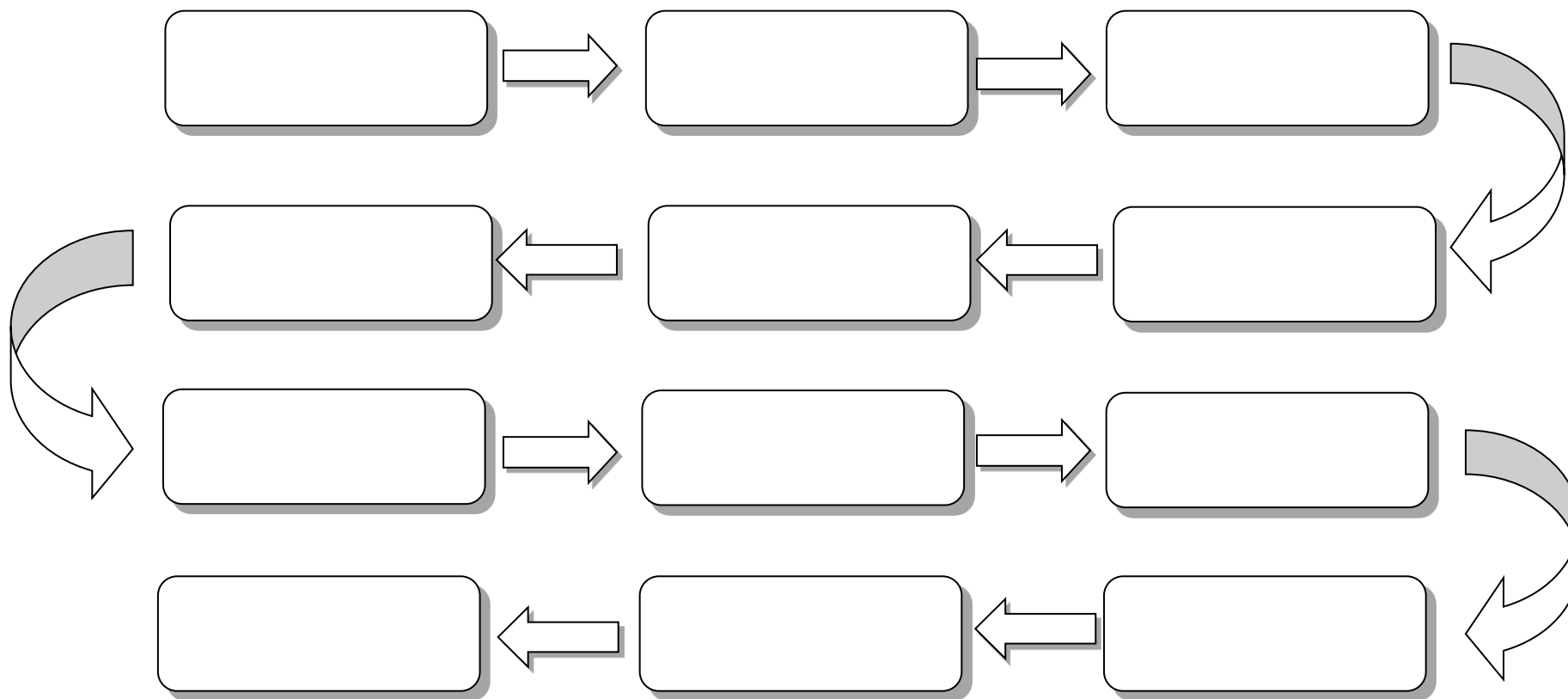


Eating for Your Health – Behaviour Chain

Being able to identify thoughts, feelings and actions that lead you to experiencing unhelpful emotions or behaviours, can help you better manage future situations. In the boxes below record the thoughts, feelings or actions you had/did, in order of them happening, up to the final unhelpful emotion or behaviour. (It can sometimes be helpful to work backwards). Then look for where and how you could break the chain, to give you more helpful actions and thoughts for next time.



This nutrition information has been developed for use by Health New Zealand | Te Whatu Ora Waitematā Dietitians. It may be used by other healthcare professionals if appropriate training has been given. Please consult Te Whatu Ora Waitematā Dietitians if you have questions about using this information.