

Overcoming Food Guilt with Self-Compassion

This worksheet is a companion to the video [Overcoming Food Guilt with Self-Compassion](#). These questions aim to help you understand why you're experiencing food guilt and how to overcome it using self-compassion tools gradually. This isn't a quick-fix solution but a practice. The invitation is to use compassionate curiosity and without judgement of yourself; take the time and space you need to work through the self-reflection.

This is a fillable PDF, so you can type into the boxes and save as you go.

Part 1: Understanding your experience of food guilt?

Do you regularly feel guilty about your food choices?

When do you experience food guilt?

How is food guilt currently impacting your life?

Part 2: Exploring Food Rules

What rules do you have around food? Eg. Do you label food as good and bad or healthy and unhealthy?

What circumstances/emotions cause you to eat foods that you consider off-limits?

What do you do to try and make up for ‘breaking the rules’?

How do food rules impact your daily life?

Part 3: Awareness of your Inner Critic (what is your self-critical response?)

What judgmental thoughts do you experience when you feel like you have broken a food rule?

How do these self-critical thoughts affect your behaviour?

What emotions do you feel?

What judgmental thoughts can you let go of?

Part 4: Practising Self-compassion

How would you treat a friend if they feel guilty for enjoying a meal or having a treat?

How would it feel to extend that same kindness and compassion to yourself?

Where could you be more forgiving and understanding of yourself?

How can you be kind to yourself the next time you experience food guilt?

Part 5: Next Steps

What additional resources or support do you think you need to help you overcome food guilt?

Free Resources:

Tara Brach - Developing Self-Compassion

Self-Compassion Guided Practices and Exercises by Dr Kristin Neff