



## Hungry angry lonely tired worksheet (PDF)

I am urging to



Take a step back

**Are you taking appropriate nutrition? Focus on your hunger cues  
Strategy to satisfy hunger**

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**How are you feeling emotionally? Check for any thoughts that have caused a negative emotion  
Strategies to deal with the emotions**

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**Are in need of a companionship? Focus on your social activities. Devise a solution for not feeling lonely.**

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**Are you well rested? Focus on your sleeping pattern and hygiene. How are you going to take appropriate rest for staying healthy?**

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## References

[Ashenberg, S. S. L. \(2004\). \*Clinical work with substance-abusing clients\*. Guilford Press.](#)

[Gold, M. S., Frost-Pineda, K., & Jacobs, W. S. \(2003\). Overeating, binge eating, and eating disorders as addictions. \*Psychiatric Annals\*, 33\(2\), 117–122. <https://doi.org/10.3928/0048-5713-20030201-08>](#)

You can download more Mental Health worksheets [here](#).

**Please note:** There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.