

IDENTIFYING TRIGGERS

What might trigger your emotional eating –people, places, specific foods, certain emotions, etc.? What can you do about it? Here are some examples:

TRIGGER	OPTIONS
<i>Watching TV at night when I am home alone, I want to snack</i>	<ol style="list-style-type: none">1. Have healthy snacks available2. Invite a friend over so I will be less tempted
<i>When I have certain foods in the house I find myself unable to resist eating them</i>	<ol style="list-style-type: none">1. Tap2. Keep trigger foods out of the house