

# Identifying and Avoiding Triggers

Identifying food triggers is an important step to controlling how much you eat. Determining sensory stimuli as well as thoughts and feelings that contribute to habits of overeating is the first step towards making a change. After you determine some triggers, it is easier to modify eating behavior.

Making a list of triggers will increase your awareness of some of the factors that entice you to eat when you may not be hungry. When your next food craving strikes, take a moment to figure out what brought it on.

There are different types of triggers:

## 1. Sensory

- These triggers may be from things you see, smell and taste.
- Example: TV commercials of food, walking past a bakery, smelling popcorn at the movies
- What are your sensory triggers?

1. \_\_\_\_\_

3. \_\_\_\_\_

2. \_\_\_\_\_

4. \_\_\_\_\_

## 2. Verbal

- These are things you hear that make you want to eat.
- Example: "You look like you've gained weight" or someone saying how good something tastes.
- What are your verbal triggers?

1. \_\_\_\_\_

3. \_\_\_\_\_

2. \_\_\_\_\_

4. \_\_\_\_\_

## 3. Emotional

- Your psychological state may influence your desire to eat.
- Example: Do you eat when you are stressed, anxious, depressed?
- What are your emotional triggers?

1. \_\_\_\_\_

3. \_\_\_\_\_

2. \_\_\_\_\_

4. \_\_\_\_\_

## 4. Other

- Are there other triggers that stimulate cravings?
- What are your other triggers?

1. \_\_\_\_\_

2. \_\_\_\_\_