

REWIRE YOUR FOOD BRAIN

Identify Your Eating Triggers

It's helpful to be able to identify and understand the triggers that lead you to unnecessary eating because by doing so you'll be better placed to recognise them and plan how to manage the situation when it occurs the next time.

Triggers tend to fall into one of the following five categories:

Environment - e.g. particular situations, places, adverts, images

People - e.g. certain individuals, being alone, certain groups

Emotional state - e.g. anger, loneliness, happiness, sadness, anxiety, stress, boredom

A preceding action or thought - e.g. always having something sweet after dinner

Time of day - e.g. get home from work

What is your main trigger for unnecessary eating ?

Why does this trigger unnecessary eating for you ?

When this trigger occurs next time what could you do instead of eating that will help you feel good? Use the space below to brainstorm ideas

My Plan



When _____
write trigger here

I will _____
write alternative to eating here