



Exercise

Eating chains, triggers, associations, comfort eating and reward eating:

The key is being prepared and having a plan to implement when ingrained patterns or habits try to take a foothold.

The purpose of the following exercise is to evaluate and define some of your current eating chains, triggers, associations, comfort eating and reward eating scenarios in order to create your own personal plan to implement when those moments arise.

The following questions will help you identify what some common eating chains and chain of responses you have?

What are some of your triggers? Hint – you tend to feel guilty after making this eating choice. These might be times you notice you have a tendency to go to a drive thru, swing in to the break room for that donut, or head into the kitchen in lure of that sweet something.

Some triggers can be anxiousness, stress, depression, or even boredom.

What is a plan you can implement in order to be prepared if you come across such an eating chain in the future? I.e. The urge comes, you recognize it and implement you alternative liberating and freeing action. Each time you choose to implement the alternative, you reduce that mountain into a mole hill.

What are some food associations you might have in each category, with other people, friends, with certain places times of the day or events? I.e. Maybe there is a certain group of friends that you tend to junk food binge with or you always grab popcorn and ice cream when you sit down to watch a specific show.



What are some food triggers you have? Take a moment to think or even evaluate over a period of time.

What are some steps you could take to eliminate those triggers or reevaluate your emotional connection in order for them to no longer to become a trigger?

(We will be covering specific ways to problem solve and rewire our thoughts and emotions in order to handle triggers that already exist and may arise in the Keys2Eating Complete Transformation Program.)

An example, might be to avoid engaging a problematic person in long conversation if possible and pick your battles.

What are some examples of sometimes you found yourself comfort eating. List the types of foods you typically crave or eat?

Last but not least, reward eating. Do you find yourself rewarding yourself with food? If so, when and what types? Ie. I deserve this! After all, I did or accomplished
