

High Risk Scenarios

What are my high risk scenarios?

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

Now, for each situation, ask yourself the following first three questions. Keep in mind everything you've learned so far about yourself, your food triggers, your food history, past slips, and your ability to stick with your goals. Write down your answers. **Next time one of these situations comes up, come back to this exercise and follow through with questions four and, if necessary, five.**

The situation:

1. What is my history in dealing with this situation? (Pay close attention to the food patterns.)

2. What were the triggers that caused me to turn to food for comfort?

3. How can I try to do something different next time so I won't end up straying/bingeing?

4. How did it work?

5. If it didn't work as expected, ask yourself: What can I do next time to have a more positive outcome?

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