

Triggers to Overeating

We all have events in our lives that we can directly associate with over- indulging. Think Thanksgiving, Birthdays, parties and events. Bad days, down days and sad days. In the space below list the events in your life that have the potential to cause you to overeat or not eat according to your plan. List as many as you can think of, the more you list, the more you'll be able to bring those to your conscious awareness when needed.

Here are some examples:

1. You company holiday party
2. Traveling for work
3. Home late and no food in the fridge
4. Stressed about a big test you have to take
5. Boredom

My triggers to overeating.

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