Consider the Circumstances

This is the first of three self-awareness worksheets designed to help the participant identify certain situations, activities or events that may trigger uncomfortable eating. This worksheet can be particularly effective with people who find it difficult to identify their emotions.

Participants are more likely to complete the worksheets if they are reviewed during the workshop.

Facilitator's Notes

Use Ppt Slide #15 or Overhead #14.

Refer the group to the Consider the Circumstances worksheet on page 17 of the workbook.

paraphrase

As you focus on becoming more aware of your eating triggers you may notice that it is when you are with certain people, in particular situations or when specific events occur that you are more likely to eat in a way that is problematic. Sometimes it is simply the circumstance itself that triggers uncomfortable eating. Other times the situation or event will lead to difficult feelings such as anxiety, anger, or boredom, which in turn can trigger uncomfortable eating.

The worksheet gives you a list of circumstances that some people report as triggers.

Put a checkmark in the box for those that may be problematic eating triggers for you. Again, feel free to add situations, events or personal interactions to the list.

Refer to the overhead. Point out and discuss several of the examples on the list.

Read out the triggering situations listed below as examples, or refer to circumstances that participants may have mentioned earlier in the workshop.

Examples

One woman realized that she would end up eating ice cream in the kitchen each time she finished having a phone conversation with her 21 year-old son.

Another woman said that she always ate chips after she vacuumed because she hated this chore and felt she needed a treat for her efforts.

One man hadn't realized how many doughnuts he was eating in the staff room until his department was moved to another floor where they didn't keep snacks out, and he lost 10 pounds within two months of the move.

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