

What Are Your Triggers for Head Hunger?

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When a craving doesn't come from hunger, eating will never satisfy it!

Physical Triggers

How have these common physical triggers for overeating affected you? What strategies can you come up with to deal with each trigger more effectively?

- Thirst
- Fatigue
- Salivation
- Urge to chew, crunch, or suck
- Pain
- Hormonal cycles
- Medication side effects
- Medical conditions
- Other: _____

Environmental Triggers

Common cues for overeating include people, places, activities, and events that you associate with eating. Be creative when coming up with strategies for dealing with these common triggers.

- Mealtimes
- Eating on a schedule
- High risk times
- Holidays
- Weather
- Preventive eating
- Sight or smell of food

- Seeing other people eat
- Trigger foods
- Advertising
- Social events
- Grocery shopping
- Preparing food
- Serving sizes
- Food associations
- Mindless eating
- Eating while driving
- Watching TV
- Dining out
- Eating at work
- Business entertaining
- Other: _____

Emotional Triggers

Identify emotions that trigger a desire to eat (including specific examples). Brainstorm better ways to distract, calm, comfort, and nurture yourself without turning to food.

- Pleasure
- Reward
- Love
- Boredom
- Stress
- Feeling overwhelmed
- Loneliness
- Worry and tension

- Sadness
- Avoidance
- Guilt and shame
- Anger
- Negative self-talk
- Perfectionistic thinking
- Communicating with body size
- Spiritual needs
- Restriction and deprivation
- Diet mentality
- Negative body image
- Weighing yourself
- Eating disorder
- Other: _____

Think before you eat! Download this poster for your refrigerator: <http://www.amihungry.com/pdf/lf-lm-not-hungry-poster.pdf>

If I'm not hungry, what I need isn't in here!



www.AmIHungry.com

Michelle May, M.D. is a recovered yo-yo dieter and the award-winning author of *Eat What You Love, Love What You Eat: How to Break Your Eat-Repent-Repeat Cycle*. Download chapter one at <http://amihungry.com/chapter1>.