

TRIGGERS

Week 7



Overview

Looking back at Cognitive Restructuring

Feedback on practical application

Triggers

Alternative activities

Trigger worksheet

Role play

Triggers can be broken down into 5 categories:

Environmental

- For example, walking past a bakery, watching a cookery programme on TV

Biological

- Physical hunger, cravings

Social

- Going to a BBQ, Night out drinking, invited to a dinner party

Mental

- Sabotaging thoughts – “I deserve it”, “It’s not fair”, “I’ll never lose weight” etc.

Emotional

- Stress situations, anger, boredom, hurt, etc.

Documents for Trigger module

- General information
- Trigger and cravings awareness worksheet
- Brainstorming for alternative activities
- 5 minute rule



TRIGGER AWARENESS WORKSHEET

Where were you?

What were you doing at the time and who were you with?

What were you thinking?

What were your feelings/emotions?

Who was with you?

What did you do in the situation?

What could I do differently next time?

TRIGGER AWARENESS WORKSHEET cont.

Describe your 3 biggest triggers

1

2

3

How can you avoid or reduce those triggers?

1

2

3

If you can't avoid the triggers, what is your strategy?

5 minute
rule

