



Name _____ Date _____
Instructor _____ Section _____

What Triggers Your Eating?

There are many things that cause us to eat. Usually, just by identifying the triggers that cause you to eat, you can develop a strategy to counter those habits. Use the questions below to determine your motivation for eating. For each statement, check yes or no.

EMOTIONAL TRIGGERS

Yes	No	
___	___	I cannot lose weight and keep it off.
___	___	My eating is out of control.
___	___	Even if I'm not hungry, I eat.
___	___	I eat when I am stressed or upset.
___	___	Food gives me great pleasure and I use it as a reward.
___	___	Eating is usually on my mind.
___	___	My eating causes problems with weight management.
___	___	I go on eating "binges" or find myself eating constantly.
___	___	My eating habits cause me embarrassment.
___	___	I use food to help me cope with feelings.

SOCIAL TRIGGERS

Yes	No	
___	___	I eat whenever others around me are eating.
___	___	If anyone offers food, I take it.
___	___	Whenever I am in a stressful social situation, I want to eat.
___	___	Whenever I am in a relaxed social situation, I want to eat.
___	___	I eat more in a social setting than I do at home.
___	___	I eat less when others are around to see me.
___	___	In a social setting, the amount of food I eat depends on the group of people.
___	___	I eat different foods in a social setting than I do at home.

ENVIRONMENTAL TRIGGERS

Yes	No	
___	___	I eat more at restaurants than I do at home.
___	___	I eat less at restaurants than I do at home.
___	___	If I smell or see food, I can't resist the urge to eat.
___	___	If I walk by a restaurant or bakery, I can't resist the urge to eat.
___	___	I like to eat while reading or watching TV.
___	___	I find food comforting in different environmental conditions, such as on a rainy day or in cold weather.
___	___	I find food comforting when I am in unfamiliar surroundings.
___	___	If I am outdoors, I feel like I can eat more.

INTERPRETATION

Insignificant influence: If you answered “yes” to one question within a section or fewer than six questions total, weight management is probably relatively easy for you.

Some influence: If you answered “yes” to two questions within a section or six to nine questions total, there are issues complicating your weight management. It might help to talk with a health-care professional while developing a weight-management plan.

Significant influence: If you answered “yes” to three questions within a section or 10–13 questions total, there are several issues affecting your weight-management plan. Speaking with a health-care professional or counselor can help you deal with issues that trigger your eating.

Severe influence: If you answered “yes” to four or more questions within a section or 14 or more questions total, there are many issues that complicate your weight management. Counseling and speaking with a health-care professional will help you to develop a weight-management plan.