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Protection Plan Part B IDENTIFY RELAPSE TRIGGERS AND WARNING SIGNS

This is called a **Protection Plan** so that you can protect yourself from giving in to unhealthy, unplanned and/or unnecessary eating. The more aware, educated and prepared you are to handle difficult situations, the more likely you are to get through difficult situations staying true to the **Meaningful Matters** you worked on in Part A of your Protection Plan. Remember, your Meaningful Matters are the reasons you want to lose weight and maintain a healthy weight! Your Meaningful Matters are your values, your vision, your motivation and your **WHY** for choosing healthy behaviors!

Triggers – things that are likely to create cravings for a particular food or create a desire just to eat... maybe something in particular or maybe anything you can get your hands on!

There are many different triggers, but let’s start with three main categories. List as many examples as you can think of that fall into each category:

Emotional triggers (people, memories, comments that bring up strong feelings and lead you to want to reach for food)

Biological triggers (tastes, smells, sights that elicit the desire to eat)

Environmental triggers (places, experiences that result in your wanting to eat)

WARNING SIGNS: H.A.L.T.

You are more susceptible to unhealthy, emotional eating when you are:

Hungry, Angry, Lonely, Tired so **H.A.L.T.** and avoid triggers as much as possible when you are feeling hungry, angry, lonely or tired.