WELLNESS WORKSHEET 77
What Triggers Your Eating?

This test is designed to provide you with a score for five factors that describe many people’s eating. This information will put you in a better position to manage your eating behavior and control your weight. Circle the number that indicates to what degree each situation is likely to make you start eating.

Social

1. Arguing or having a conflict with someone
2. Being with others when they are eating
3. Being urged to eat by someone else
4. Feeling inadequate around others

Emotional

5. Feeling bad, such as being anxious or depressed
6. Feeling good, happy, or relaxed
7. Feeling bored or having time on my hands
8. Feeling stressed or excited

Situational

9. Seeing an advertisement for food or eating
10. Passing by a bakery, cookie shop, or other enticement to eat
11. Being involved in a party, celebration, or special occasion
12. Eating out

Thinking

13. Making excuses to myself about why it’s OK to eat
14. Berating myself for being so fat or unable to control my eating
15. Worrying about others or about difficulties I am having
16. Thinking about how things should or shouldn’t be

Physiological

17. Experiencing pain or physical discomfort
18. Experiencing trembling, headache, or light-headedness associated with no eating or too much caffeine
19. Experiencing fatigue or feeling overtired
20. Experiencing hunger pangs or urges to eat, even though I’ve eaten recently

(over)
Scoring

Total your scores for each category, and enter them below. Then rank the scores by marking the highest score 1, next highest score 2, and so on. Focus on the highest ranked categories first, but any score above 24 is high and indicates that you need to work on that category.

<table>
<thead>
<tr>
<th>Category</th>
<th>Total Score</th>
<th>Rank Order</th>
</tr>
</thead>
<tbody>
<tr>
<td>Social (Items 1–4)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Emotional (Items 5–8)</td>
<td></td>
<td></td>
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<tr>
<td>Situational (Items 9–12)</td>
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<tr>
<td>Thinking (Items 13–16)</td>
<td></td>
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<tr>
<td>Physiological (Items 17–20)</td>
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</tbody>
</table>

What Your Score Means

Social A high score here means you are very susceptible to the influence of others. Work on better ways to communicate more assertively, handle conflict, and manage anger. Challenge your beliefs about the need to be polite and the obligations you feel you must fulfill.

Emotional A high score here means you need to develop effective ways to cope with emotions. Work on developing skills in stress management, time management, and communication. Practicing positive but realistic self-talk can help you handle small daily upsets.

Situational A high score here means you are especially susceptible to external influences. Try to avoid external cues to eat and respond differently to those you cannot avoid. Control your environment by changing the way you buy, store, cook, and serve food. Anticipate potential problems, and have a plan for handling them.

Thinking A high score here means that the way you think—how you talk to yourself, the beliefs you hold, your memories, and your expectations—have a powerful influence on your eating habits. Try to be less self-critical, less perfectionistic, and more flexible in your ideas about the way things ought to be. Recognize when you’re making excuses or rationalizations that allow you to eat.

Physiological A high score here means that the way you eat, what you eat, or medications you are taking may be affecting your eating behavior. You may be eating to reduce physical arousal or deal with physical discomfort. Try eating three meals a day, supplemented with regular snacks if needed. Avoid too much caffeine. If any medication you’re taking produces adverse physical reactions, switch to an alternative, if possible. If your medications may be affecting your hormone levels, discuss possible alternatives with your physician.