



## 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

#### Very Unlikely

#### Very Likely

- |  |   |   |   |   |   |   |   |   |   |    |
|--|---|---|---|---|---|---|---|---|---|----|
| 1. Arguing or having a conflict with someone | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 2. Being with others when they are eating    | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 3. Being urged to eat by someone else        | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 4. Feeling inadequate around others          | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

#### Emotional

- |  |   |   |   |   |   |   |   |   |   |    |
|--|---|---|---|---|---|---|---|---|---|----|
| 5. Feeling bad, such as being anxious or depressed | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 6. Feeling good, happy, or relaxed                 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 7. Feeling bored or having time on my hands        | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 8. Feeling stressed or excited                     | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

#### Situational

- |  |   |   |   |   |   |   |   |   |   |    |
|--|---|---|---|---|---|---|---|---|---|----|
| 9. Seeing an advertisement for food or eating                    | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 10. Passing by a bakery, cookie shop, or other enticement to eat | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11. Being involved in a party, celebration, or special occasion  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 12. Eating out   | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

#### Thinking

- |   |   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|---|----|
| 13. Making excuses to myself about why it's OK to eat               | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 14. Berating myself for being so fat or unable to control my eating | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 15. Worrying about others or about difficulties I am having         | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 16. Thinking about how things should or shouldn't be                | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

#### Physiological

- |   |   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|---|----|
| 17. Experiencing pain or physical discomfort  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 18. Experiencing trembling, headache, or light-headedness associated with not eating or too much caffeine | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 19. Experiencing fatigue or feeling overtired   | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 20. Experiencing hunger pangs or urges to eat, even though I've eaten recently                            | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

(over)

## WELLNESS WORKSHEET 77 — continued

### 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.

Category	Total Score	Rank Order
Social (Items 1–4)	_____	_____
Emotional (Items 5–8)	_____	_____
Situational (Items 9–12)	_____	_____
Thinking (Items 13–16)	_____	_____
Physiological (Items 17–20)	_____	_____

### 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.