



Trigger Inventory Management Exercise (TIME)

This exercise will help you inventory what may trigger any eating that is harmful to your recovery and how to manage it.

A trigger is any food, activity/situation, person, restaurant, celebration, travel, or anything else that increases unhealthy eating.

Management is anything you can do to eliminate or reduce the effect of the trigger.

Instructions

- 1) Go through the following lists, and check any triggers that affect you.
- 2) Add any of your triggers that are not on the list.
- 3) Write out how you might manage them.
- 4) If OA support would help, specify that as well.
- 5) If you can't think of a management strategy, ask for ideas during today's Q&A, or approach other OA members. You could also post your question to the Secular Overeaters Community Google Group (to join, email secular overeaters community@gmail.com; for the best experience, sign up with a Gmail account).
- 6) Keep this TIME worksheet someplace where you can periodically reference and revise it as needed, and consider sharing it with your sponsor or other OA members.

Together we can do what we could never do alone!

Food

Foods you see, smell, or notice in your space that trigger you:

- | | |
|---|---------------------------------------|
| <input type="radio"/> Alcohol | <input type="radio"/> Pizza |
| <input type="radio"/> Artificial sweeteners | <input type="radio"/> Rich foods |
| <input type="radio"/> Baked goods | <input type="radio"/> Snack foods |
| <input type="radio"/> Baking/bakery smells | <input type="radio"/> Soda with sugar |
| <input type="radio"/> BBQ smells | <input type="radio"/> Sugar |
| <input type="radio"/> Candy | <input type="radio"/> Sweets |
| <input type="radio"/> Cheese | <input type="radio"/> |
| <input type="radio"/> Chewing gum | <input type="radio"/> |
| <input type="radio"/> Chocolate | <input type="radio"/> |
| <input type="radio"/> Crunchy food | <input type="radio"/> |
| <input type="radio"/> Desserts | <input type="radio"/> |
| <input type="radio"/> Diet drinks | <input type="radio"/> |
| <input type="radio"/> Fast food | <input type="radio"/> |
| <input type="radio"/> Junk food | <input type="radio"/> |
| <input type="radio"/> Nuts | <input type="radio"/> |

Management Examples

- > Nut bowl on the counter: Ask your partner to put it away.
- > Cans of Coke around when guests come: Have soda water or diet soda around.
- > Baked good smells: Stay out of the kitchen when partner is baking.

Restaurants

Specific or types of restaurants that trigger you:

- | | |
|---|---|
| <input type="radio"/> All you can eat deals | <input type="radio"/> Food pictures on websites |
| <input type="radio"/> Buffets/salad bars | <input type="radio"/> Hot bars |
| <input type="radio"/> Certain restaurant menus | <input type="radio"/> Online ordering |
| <input type="radio"/> Custom plates where you pick and choose | <input type="radio"/> |
| <input type="radio"/> Fast food | <input type="radio"/> |
| <input type="radio"/> Food courts | <input type="radio"/> |

Management Examples

- > Fast food: Perhaps make a different choice.
- > Buffet: Decide what you will eat before you put anything on the plate.
- > Italian restaurant: Call in advance to see if they have wheat-free choices.
- > Food courts: Bring your own food, and just buy a drink.

People

Friends, family, colleagues, or anyone else who triggers you:

- | | |
|--------------------------------------|--------------------------------|
| <input type="radio"/> Children | <input type="radio"/> Parents |
| <input type="radio"/> Colleagues | <input type="radio"/> Siblings |
| <input type="radio"/> Dates | <input type="radio"/> |
| <input type="radio"/> Ex-partners | <input type="radio"/> |
| <input type="radio"/> Family members | <input type="radio"/> |

Management Examples

- > Parents: Explain that you're following a food plan and not to offer certain foods.
- > Parents: Talk through with sponsor how parent triggers you and get support.
- > Date: Tell a date you're focusing on healthy eating, so you prefer not to share a dish or dessert.
- > Children: Tell kids that mommy or daddy's food is not for sharing.

Activities/Situations

Things you do or partake in that trigger you:

- Anything my spouse/child doesn't finish
- Cooking shows (food porn)
- Farmers markets
- Free food any place
- Funerals and memorial
- Happy hours with snacks
- Holiday food gifts at home/office
- Leftovers
- Marijuana/tobacco
- Medications with side effects
- Office kitchen
- Parents' house
- Pick-yourself orchards
- Places with samples
- Tastings
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Management Examples

- > Leftovers: Perhaps better to go into compost than your waistline.
- > Cooking shows: Change the channel or ask partner not to watch when you are around.
- > Places with samples: avoid those aisles.
- > Farmers market: Go after lunch and commit to no samples.
- > Pick-yourself orchards: Pick another activity.
- > Holiday food gifts: Ask partner to open and manage.

Celebrations

Any celebration or festivity that triggers you:

- Chanukah
- Christmas
- Company parties
- Easter egg hunts
- Halloween giving out and getting treats
- Holiday gatherings
- Memorial Day picnics
- My birthday or another's
- My child's party
- New Year's Eve late meal
- Passover
- Potlucks
- Thanksgiving
- Weddings
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Management Examples

- > Halloween: Ask spouse to give out the candy.
- > Party with unknown menu: Eat before.
- > Potluck: Bring your own food and perhaps a salad for the group.
- > Thanksgiving: Call in advance, have a plan, bookend meal with call/text to sponsor.
- > Weddings: Ask the waiter for a fruit cup instead of a cake. Explain it's for health reasons.
- > Get support from OA members on any strategy.

Travel/Unfamiliar Places

Any aspect of a trip or location that triggers you:

- | | |
|---|---|
| <input type="radio"/> Airports and airline meals | <input type="radio"/> Road trips |
| <input type="radio"/> Amusement parks | <input type="radio"/> Specific cities (e.g., Las Vegas) |
| <input type="radio"/> Beaches with boardwalks | <input type="radio"/> Time zone changes |
| <input type="radio"/> Camping | <input type="radio"/> Vacations |
| <input type="radio"/> Conventions and business events | <input type="radio"/> Work trips |
| <input type="radio"/> Cruise ships | <input type="radio"/> |
| <input type="radio"/> Neighbors house | <input type="radio"/> |

Management Examples

- > Vacations: Make a travel abstinence plan.
- > Boardwalk stroll: Go before shops open.
- > Cruise ships: Choose a canoe.
- > Amusement parks: Bring your food.
- > Air travel: Bring food with you or check what is available at the airport on the web.
- > Time zones: Make a plan with your sponsor.

Other Trigger & Management Examples