



# GDC Coaching

## Specializing in Weight Management

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### What Are Your Triggers for Head Hunger?

Michelle May, M.D.

When a craving doesn't come from hunger, eating will never satisfy it!

#### Physical Triggers

How have these common physical triggers for overeating affected you? What strategies can you come up with to deal with each trigger more effectively?

- Thirst
- Fatigue
- Salivation
- Urge to chew, crunch, or suck
- Pain
- Hormonal cycles
- Medication side effects
- Medical conditions
- Other: \_\_\_\_\_

#### Environmental Triggers

Common cues for overeating include people, places, activities, and events that you associate with eating. Be creative when coming up with strategies for dealing with these common triggers.

- Mealtimes
- Eating on a schedule
- High risk times
- Holidays
- Weather
- Preventive eating

- Sight or smell of food
- Seeing other people eat
- Trigger foods
- Advertising
- Social events
- Grocery shopping
- Preparing food
- Serving sizes
- Food associations
- Mindless eating
- Eating while driving
- Watching TV
- Dining out
- Eating at work
- Business entertaining
- Other: \_\_\_\_\_

#### Emotional Triggers

Identify emotions that trigger a desire to eat (including specific examples). Brainstorm better ways to distract, calm, comfort, and nurture yourself without turning to food.

- Pleasure
- Reward
- Love
- Boredom
- Stress
- Feeling overwhelmed
- Loneliness

- Worry and tension
- Sadness
- Avoidance
- Guilt and shame
- Anger
- Negative self-talk
- Perfectionistic thinking
- Communicating with body size
- Spiritual needs
- Restriction and deprivation
- Diet mentality
- Negative body image
- Weighing yourself
- Eating disorder
- Other: \_\_\_\_\_

**Think before you eat!** Download this poster for your refrigerator: <http://www.amihungry.com/pdf/lf-lm-not-hungry-poster.pdf>:



[www.AmIHungry.com](http://www.AmIHungry.com)

Michelle May, M.D. is a recovered yo-yo dieter and the award-winning author of *Eat What You Love, Love What You Eat: How to Break Your Eat-Repent-Repeat*