

VISUAL TRIGGER MAP

Situations

- Work deadline
- Traffic jam
- Family conflict
- Being at home alone
- After a long workday
- Talking with a certain person
- Before or after a difficult task
- Preparing food for someone
- Weekend
- Between tasks
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Emotions

- Stressed
- Tired
- Lonely
- Angry
- Anxious
- Bored
- Frustrated
- Offended
- Ignored
- Happy
- Excited
- Inadaquate
- Rejected

Eating behaviours

- Mindless snacking during the day
- Late night snacking
- Overeating
- Binging
- Reaching for sugary snacks
- Reaching for crunchy snacks
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