

# My Food Trigger Chain

There are times when a chain of events, emotions or behaviors (also called food triggers) leads to eating when you are not hungry. At any point in this chain you can choose to break one of the links. When you break a link, you are on your way to making the chain useless by stopping the trigger. Review the example food chain. Then fill in your own food chain below and determine what link you could break to stop your food trigger.

