

Triggers and Learned Response - Review

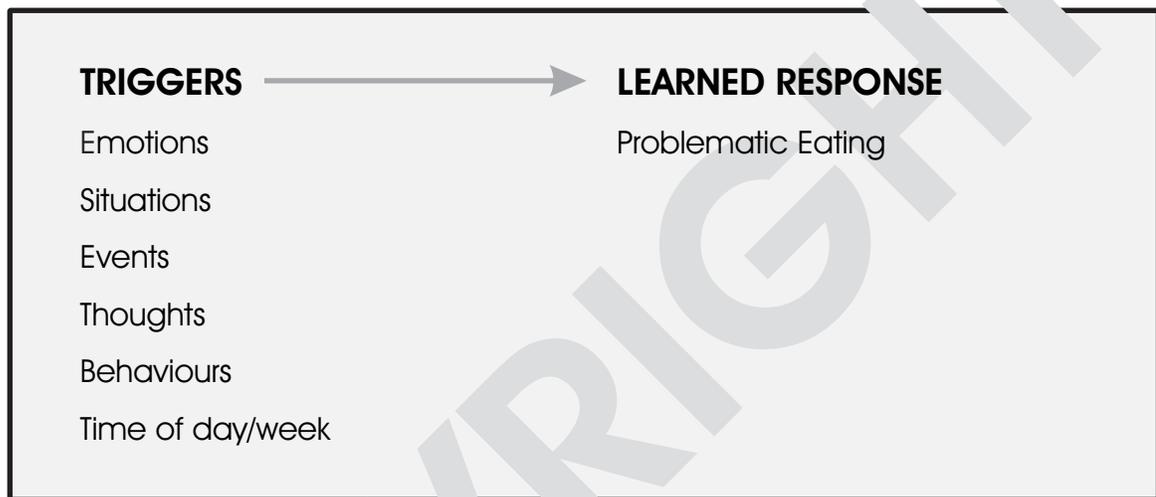


Facilitator's Notes

Using the flipchart, very BRIEFLY review the concept of triggers and learned responses. Emphasize that eating is a response we have learned to associate with a variety of triggers.



Flipchart



Refer to the list of triggers on the flipchart and reflect on how the participants' earlier comments demonstrate that there can be a variety of eating triggers.

Have the participants refer back to their Eating Log worksheet. Show Ppt Slide #17 or Overhead #16, or hold up a copy of the worksheet. Point out the dark, vertical line down the middle of the Eating Log. Explain that the information they recorded on the left side of the line would be their triggers. The information on the right side of the line represents their learned eating response.

paraphrase

Some people would say that determining your eating triggers just helps you identify where to place blame for your eating behaviours. However, this program offers you choices. When you are faced with an eating trigger, you have the choice to eat in a way that is problematic OR change your response to the trigger.

Turning back to the flipchart, stress that if the eating response feels uncomfortable or out-of-control, they need to actively break the link between the trigger and response, repeatedly. *(Draw three "X"s over the long arrow leading from Triggers to Learned Response.)*

Explain that strategies for breaking this link, or stopping at the dark, vertical line on the log, will be discussed in today's workshop. Inform the participants that there are examples of people unlearning their problematic eating response in the "You are not alone" stories that are found throughout the workbook.

Reintroduce the process of UNLEARNING a behaviour or response with the following example.

paraphrase

Remember the dog and the leash? By rattling the leash frequently without taking the dog outside, the leash eventually lost its ability to trigger the dog to get excited.

Today you will learn about strategies that can help you break the link that's troubling you by changing the trigger and/or the response. Like the dog, every time you try the strategies, and as a result don't allow yourself to respond in the usual way with food, the trigger will become less powerful for you.

These strategies will put YOU back in control, more often.