

■ Turning Awareness Into Action

It's time to take the next step: to give your brain a new pathway to follow.

When we feel an urge coming on, the body often goes into autopilot — but if we already have a simple, safe plan in place, the brain quickly learns there's another way to feel comforted.

That's where your **If-Then** Plan comes in.

■ What Is An If-Then Plan?

It's a promise you make to yourself.

It's not a rule or a restriction — it's a signal to your subconscious that you're safe and in control.

It looks like this:

If a certain cue or feeling appears, **then** I'll choose a different action instead.

IF (Trigger or Emotion)	THEN I WILL (New Helpful Action)	WHY THIS HELPS ME FEEL CALM OR SAFE
e.g. If I feel stressed after work	Then I'll walk outside for two minutes and breathe fresh air	It releases tension and signals the end of the workday

Tip:
Choose responses that give you the same feeling but in a way that supports your wellbeing.

Each time you follow your plan, your brain strengthens the new wiring — linking calm with safety instead of food

Step 1 — Reflect On Your Patterns

Look back over your Emotional Trigger Map.

What patterns have started to appear?

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Are there certain emotions that lead you to eat?

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Or particular times of day?

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Places where you tend to act on autopilot?

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Write down the 2–3 most common situations or emotions

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Step 2 — Create Your If-Then Plan

IF (Trigger or Emotion)	THEN I WILL (New Helpful Action)	WHY THIS HELPS ME FEEL CALM OR SAFE

Step 3 — Practice Your Plan

Over the next two weeks, keep this focus:
When a trigger appears, quietly repeat your plan to yourself.

“If I feel [emotion], then I’ll [action].”

Follow through whenever you can.

Each small success is proof that you're retraining your brain.

If you forget, that's okay — noticing that you could have used your plan is still progress. So never feel bad if things don't go to plan, just keep going and try to do it next time.
Even awareness strengthens new wiring.

Step 4 - Reflect

At the end of the next week, take a few minutes to journal:

Which “If–Then” worked best for me?

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When did I feel most in control or calm?

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What helped me remember to pause?

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What will I keep practicing next month?

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Remember

This isn't about being perfect.

It's about being prepared.

Each time you notice a cue and gently choose a new response, you're proving to your brain:

"I can handle this. I'm safe. I can choose differently."

Your If-Then Plan is your bridge from awareness to action.
It's becomes a new way of life.