

# Your Emotional Trigger Map

## Why This Matters

For the next two weeks, you're going to track the moments when you turn to food for comfort. You're not trying to fix anything — just to notice. Awareness is the first and most powerful step in rewiring old patterns. Each time you pause and record, your brain begins to understand that food isn't the only comfort it has.

## How It Works

Every day for 14 days, take a few quiet minutes to reflect and jot down what you've noticed. One small note a day is enough.

**When and where it happened?**

**What you did?**

**How it made you feel, during and after?**

**What you might choose next time?**

Example!	When and Where?	What you did?	How it made you feel?	How it made you feel?	What you will choose next time?
			Before	After	
1	3pm at home	Snacked on biscuits	Bored	Guilty	Try frozen grapes
2	3.30 pm	Snacked on nuts	Bored	Annoyed	

	<b>When and Where?</b>	<b>What you did?</b>	<b>How it made you feel? Before</b>	<b>How it made you feel? After</b>	<b>What you will choose next time?</b>
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2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					

# End-of-Week Reflection

**At the end of week 1, ask yourself:**

What emotions or times of day show up most often?

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How do I usually feel before I reach for food?

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What small acts of comfort helped instead?

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# End-of-Week Reflection

**At the end of week 2, reflect again:**

What patterns am I beginning to see?

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How has my awareness changed how I feel around food?

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What “next choices” feel more natural now?

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## **A quick Reminder:**

Each entry builds a clearer map between your emotions and your choices. That awareness alone begins to loosen the old link between food and comfort — and shows your brain a different path. Awareness is the beginning of rewiring.