



# Trigger Inventory Management Exercise (TIME)

This exercise will help you inventory what may trigger any eating that is harmful to your recovery and how to manage it.

**A trigger** is any food, activity/situation, person, restaurant, celebration, travel, or anything else that increases unhealthy eating.

**Management** is anything you can do to eliminate or reduce the effect of the trigger.

## Instructions

- 1) Go through the following lists, and check any triggers that affect you.
- 2) Add any of your triggers that are not on the list.
- 3) Write out how you might manage them.
- 4) If OA support would help, specify that as well.
- 5) If you can't think of a management strategy, ask for ideas during today's Q&A, or approach other OA members.
- 6) Keep this TIME worksheet someplace where you can periodically reference and revise it as needed, and consider sharing it with your sponsor or other OA members.

## Food

Foods you see, smell, or notice in your space that trigger you:

- |  |  |
|--|--|
| <input type="checkbox"/> Alcohol               | <input type="checkbox"/> Pizza           |
| <input type="checkbox"/> Artificial sweeteners | <input type="checkbox"/> Rich foods      |
| <input type="checkbox"/> Baked goods           | <input type="checkbox"/> Snack foods     |
| <input type="checkbox"/> Baking/bakery smells  | <input type="checkbox"/> Soda with sugar |
| <input type="checkbox"/> BBQ smells            | <input type="checkbox"/> Sugar           |
| <input type="checkbox"/> Candy                 | <input type="checkbox"/> Sweets          |
| <input type="checkbox"/> Cheese                | <input type="checkbox"/>                 |
| <input type="checkbox"/> Chewing gum           | <input type="checkbox"/>                 |
| <input type="checkbox"/> Chocolate             | <input type="checkbox"/>                 |
| <input type="checkbox"/> Crunchy food          | <input type="checkbox"/>                 |
| <input type="checkbox"/> Desserts              | <input type="checkbox"/>                 |
| <input type="checkbox"/> Diet drinks           | <input type="checkbox"/>                 |
| <input type="checkbox"/> Fast food             | <input type="checkbox"/>                 |
| <input type="checkbox"/> Junk food             | <input type="checkbox"/>                 |
| <input type="checkbox"/> Nuts                  | <input type="checkbox"/>                 |

## Management Examples

- > Nut bowl on the counter: Ask your partner to put it away.
- > Cans of Coke around when guests come: Have soda water or diet soda around.
- > Baked good smells: Stay out of the kitchen when partner is baking.

***Together we can do what we could never do alone!***

## Restaurants

Specific or types of restaurants that trigger you:

- All you can eat deals
- Buffets/salad bars
- Certain restaurant menus
- Custom plates where you pick and choose
- Fast food
- Food courts
- Food pictures on websites
- Hot bars
- Online ordering
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### Management Examples

- > Fast food: Perhaps make a different choice.
- > Buffet: Decide what you will eat before you put anything on the plate.
- > Italian restaurant: Call in advance.
- > Food courts: Bring your own food, and just buy a drink.

## People

Friends, family, colleagues, or anyone else who triggers you:

- Children
- Colleagues
- Dates
- Ex-partners
- Family members
- Parents
- Siblings
- 
- 
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### Management Examples

- > Parents: Explain that you're following a food plan and not to offer certain foods.
- > Parents: Talk through with sponsor how parent triggers you and get support.
- > Date: Tell a date you're focusing on healthy eating, so you prefer not to share a dish or desert.
- > Children: Tell kids that mommy or daddy's food is not for sharing.

## Activities/Situations

Things you do or partake in that trigger you:

- |   |   |
|---|---|
| <input type="radio"/> Anything my spouse/child doesn't finish | <input type="radio"/> Marijuana/tobacco             |
| <input type="radio"/> Cooking shows (food porn)               | <input type="radio"/> Medications with side effects |
| <input type="radio"/> Farmers markets                         | <input type="radio"/> Office kitchen                |
| <input type="radio"/> Free food any place                     | <input type="radio"/> Parents' house                |
| <input type="radio"/> Funerals and memorial                   | <input type="radio"/> Pick-yourself orchards        |
| <input type="radio"/> Happy hours with snacks                 | <input type="radio"/> Places with samples           |
| <input type="radio"/> Holiday food gifts at home/office       | <input type="radio"/> Tastings                      |
| <input type="radio"/> Leftovers                               | <input type="radio"/>                               |
|   | <input type="radio"/>                               |

### Management Examples

- > Leftovers: Perhaps better to go into compost than your waistline.
- > Cooking shows: Change the channel or ask partner not to watch when you are around.
- > Places with samples: avoid those aisles.
- > Farmers market: Go after lunch and commit to no samples.
- > Pick-yourself orchards: Pick another activity.
- > Holiday food gifts: Ask partner to open and manage.

## Celebrations

Any celebration or festivity that triggers you:

- |   |  |
|---|--|
| <input type="radio"/> Chanukah                                | <input type="radio"/> My child's party         |
| <input type="radio"/> Christmas                               | <input type="radio"/> New Year's Eve late meal |
| <input type="radio"/> Company parties                         | <input type="radio"/> Passover                 |
| <input type="radio"/> Easter egg hunts                        | <input type="radio"/> Potlucks                 |
| <input type="radio"/> Halloween giving out and getting treats | <input type="radio"/> Thanksgiving             |
| <input type="radio"/> Holiday gatherings                      | <input type="radio"/> Weddings                 |
| <input type="radio"/> Memorial Day picnics                    | <input type="radio"/>                          |
| <input type="radio"/> My birthday or another's                | <input type="radio"/>                          |

### Management Examples

- > Halloween: Ask spouse to give out the candy.
- > Party with unknown menu: Eat before.
- > Potluck: Bring your own food and perhaps a salad for the group.
- > Thanksgiving: Call in advance, have a plan, bookend meal with call/text to sponsor.
- > Weddings: Ask the waiter for a fruit cup instead of a cake. Explain it's for health reasons.
- > Get support from OA members on any strategy.

## Travel/Unfamiliar Places

Any aspect of a trip or location that triggers you:

- |   |   |
|---|---|
| <input type="radio"/> Airports and airline meals      | <input type="radio"/> Road trips                        |
| <input type="radio"/> Amusement parks                 | <input type="radio"/> Specific cities (e.g., Las Vegas) |
| <input type="radio"/> Beaches with boardwalks         | <input type="radio"/> Time zone changes                 |
| <input type="radio"/> Camping                         | <input type="radio"/> Vacations                         |
| <input type="radio"/> Conventions and business events | <input type="radio"/> Work trips                        |
| <input type="radio"/> Cruise ships                    | <input type="radio"/>                                   |
| <input type="radio"/> Neighbors house                 | <input type="radio"/>                                   |

## Management Examples

- > Vacations: Make a travel abstinence plan.
- > Boardwalk stroll: Go before shops open.
- > Cruise ships: Choose a canoe.
- > Amusement parks: Bring your food.
- > Air travel: Bring food with you or check what is available at the airport on the web.
- > Time zones: Make a plan with your sponsor.

## Other Trigger & Management Examples