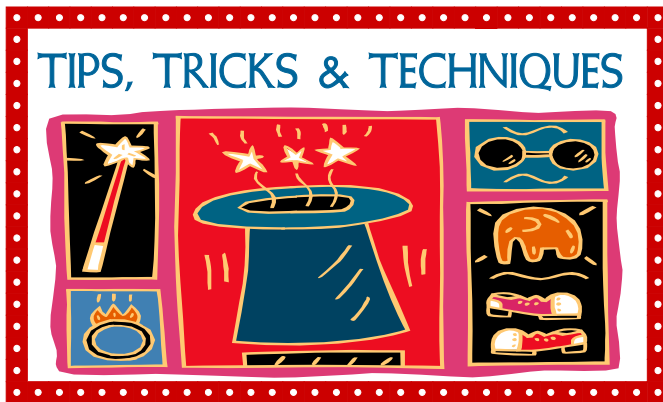

A GIFT FROM THE SAN ANTONIO PROFESSIONAL COACHES



This month's technique

Know Your Food Triggers

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Triggers are those events which create a reaction for us, and they're usually not positive events, although they can be. Reactions come in all forms, but for our purpose here, we will focus on our reactions regarding food.

A reaction usually triggered by social events is social anxiety, for example. When we are around people we don't know very well, or don't know at all, and we don't know what to say, we start eating. Isn't that just the greatest excuse not to talk? We can't talk with our mouths full, can we? Of course not! It would be rude. So, what do we do? We "punish" ourselves for being inept at starting conversations. Guess what? We don't have to talk, and we don't need an excuse for not doing so. For me, I'd much rather be seen as slender and quiet rather than someone who has food in her mouth all the time.

The next time you might be tempted to over eat in a social setting, be prepared

beforehand. Take time to read about some topics of interest. The weather is always safe, politics and religion are usually not, but you can't go wrong by asking about other people's kids or pets. Heck, just take this article along and have it be the conversation starter!

Your assignment here is to remember the last time you had a food craving. Look at the event just before craving food. What happened? What was said? What memory did you have? Reacting to it is not the answer. Understanding why you need to comfort yourself with food is the answer. Find someone who can help with reframing the event, so that it no longer has the power over you to sabotage your health. Reframing is simply looking at and thinking about something differently. It's all about your perceptions.

Excerpt from...
Weight Loss: A Quick Reference Guide
By Anna Manning

