







Contemplation

Find What Triggers You

When you are trying to change your behaviors to become healthier, it helps to understand what you do and what triggers you to do those things. A trigger is something that prompts you to act, or to do something. Triggers tell people to “do it now!” For example, if you haven’t logged into

your Facebook account for a while, you might get a message from Facebook saying “we’ve missed you, click here to login now and see new posts on your News Feed.” This message may trigger you to click on the link and open Facebook.

Figuring out what triggers you to do unhealthy behaviors can help you come up with ideas for things you can do different when you are ready. Try coming up with some ideas below about what triggers some of your health behaviors and what are the consequences. You will see that some of the consequences make it easy to change your behaviors, and others may make it hard to change.

Trigger What sets you off or prompts you	Behavior What you do	Consequences What happens after your behavior
At a party, there is food and everyone is eating.	Ate everything they served.	Got too full, felt lazy, and went home early missing out on the rest of the party.
Failed a test.	Worked out to not feel so frustrated.	Felt better and less stressed
The weather is hot.	Stayed home instead of working out.	Felt lazy and bored, then ate.
		
		

What triggers you?

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