MY HOLIDAY TRIGGER MAP

A simple plan for cravings, emotions, social situations—and the next bite

You do not need a perfect holiday.
You need a plan for the moments that usually catch you unprepared.

HOW TO USE THIS MAP

Complete it before the holiday rush. Be specific and honest, but not judgmental. You are gathering information—not building a case against yourself. Circle one situation to practice first.

☐ Set aside 15 quiet minutes ☐ Write what is true—not what sounds ideal

☐ Choose one small action you can repeat ☐ Keep this map where you can see it

My intention for this holiday season is...

_____

_____

_____

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STEP 1

Name the moments—not your flaws

A trigger is a cue or situation that increases the likelihood of an automatic choice. Specific situations are easier to prepare for than vague promises to “be good.”

MY THREE MOST DANGEROUS HOLIDAY SITUATIONS

SITUATION	WHEN / WHERE / WITH WHOM?	WHAT USUALLY HAPPENS?
1		
2		
3		

CIRCLE THE ONE SITUATION YOU WILL PREPARE FOR FIRST.

Why is this situation especially difficult for me?

Consider hunger, fatigue, people, place, time, traditions, food availability and expectations.

What do I usually tell myself in that moment?

Examples: “It’s a special occasion.” “I already blew it.” “I don’t want to offend anyone.”

STEP 2

Map the trigger chain

Emotional eating rarely begins with the food. Notice the feelings, body signals, thoughts and cues that appear first.

WHAT AM I OFTEN FEELING BEFORE I EAT?

☐ Stressed ☐ Tired

☐ Lonely ☐ Bored

☐ Overwhelmed ☐ Anxious

☐ Sad ☐ Angry or resentful

☐ Deprived ☐ Celebratory

☐ Socially uncomfortable ☐ Physically very hungry

WHAT ACTIVATES 'I'LL JUST HAVE A LITTLE'?

☐ Seeing a favorite food ☐ Someone offering or insisting

☐ Food left within reach ☐ Being the only person eating differently

☐ Arriving hungry ☐ A family tradition

☐ Fear of missing out ☐ Thinking I deserve a reward

☐ One previous imperfect choice

MY MOST COMMON CHAIN

TRIGGER	FEELING / BODY SIGNAL	THOUGHT	USUAL ACTION

The earliest point where I could gently interrupt this chain is...

STEP 3

Protect the vulnerable moment

Do not ask willpower to do the work of preparation. Decide in advance what support will be available before and during the situation.

BEFORE	DURING
☐ Eat a satisfying starch-centered meal ☐ Bring a dish I can enjoy ☐ Prepare my response to food pressure ☐ Tell a supportive person my plan ☐ Avoid arriving extremely hungry ☐ Pack an emergency food ☐ Other: _____	☐ Pause before serving myself ☐ Begin with foods that satisfy me ☐ Move away from the food table ☐ Notice the first 'just a little' thought ☐ Use my prepared response ☐ Take a five-minute reset ☐ Other: _____

MY EMERGENCY MEAL

Choose a satisfying starch-centered meal you can assemble quickly.

_____

_____

What must I buy, batch-cook or freeze?

Make this concrete enough that you could do it tomorrow.

_____

_____

MY IF–THEN PLAN

IF _____ happens, THEN I will _____.

_____

_____

STEP 4

Recover with the next bite

An imperfect choice is information—not a verdict. The objective is to prevent one moment from becoming the rest of the day, weekend or season.

1. PAUSE	Stop the automatic continuation. Name what happened without drama.
2. NOTICE	What was I feeling, thinking or needing?
3. NOURISH	Return to a satisfying meal. Do not punish yourself by starving.
4. ADJUST	Make one practical change for the next similar situation.
5. CONTINUE	Your next choice is available now. Do not wait for Monday or January.

After an imperfect choice, I will...

_____

_____

MY NEXT-BITE COMMITMENT

I do not need a perfect holiday to protect my health. When a choice does not match my intention, I will pause, learn and begin again with the next bite.

Signed: _____ Date: _____

READY FOR SUPPORT, PRACTICE AND ACCOUNTABILITY?

This map helps you recognize the pattern. In Stop Starting Over: The Holiday Eating Breakthrough, we will spend seven days turning awareness into a personal plan for cravings, emotional eating, social situations and Thanksgiving—with guidance and the power of a supportive community.

Watch your email for program details • plantemus.com