Learning to Recognize and Deal with High Risk Situations

High risk situations are situations which may trigger overeating or physical inactivity.

We are going to spend time walking through a couple of high risk situations:
- overeating
- physical inactivity

Please think of two specific, but common high risk situations, which usually lead to eating more than you would like, or which lead to physical inactivity.

We would like you to complete these questions for each situation. Please answer each question as best as you can.

1. What feelings or thoughts and events happen before or during this situation?
2. What kinds of behaviors do you engage in while you eat?
3. What feelings or thoughts do you have while you are eating or after you eat more than you would like?
4. How can you better deal with this situation?
5. How can your family and or friends help you deal with this situation?
How can you better deal with this situation?

■ Put high calorie snacks away so that they are not visible
■ Plan for dinner before you get home
■ Think: “I slipped, but I can still be successful.”
■ Use other strategies to deal with fight with your husband, wife, or partner
■ Go for a short walk to calm down before starting dinner

How can your family and or friends help you deal with the situation?

■ Ask for help from your husband and or wife, in dealing with the children
■ Explain to your children that you had a hard day, and you really need their help
Overeating
My High Risk Situation #1:

1. What feelings or thoughts and events happen before or during this situation?
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________

2. What kinds of behaviors do you engage in while you eat?
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________

3. What feelings or thoughts do you have while you are eating, or after you eat more than you would like?
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________

4. How can you better deal with this situation?
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________

5. How can your family and friends help you deal with the situation?
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________

Learn to recognize the risks and try to avoid them.
Inactivity
My High Risk Situation #2:

1. What feelings or thoughts and events happen before or during this situation?

2. What kinds of behaviors do you engage in when you do not exercise as planned?

3. What feelings or thoughts do you have after you have skipped your exercise routine?

4. How can you better deal with this situation?

5. How can your family and or friends help you deal with the situation?

You can be active and have fun while getting rid of stress.