### Identifying My High-Risk Situations—

1. In the first column, list old behaviors, habits or triggers that you think might creep back into your lifestyle.

2. In the second column, list strategies you have used in the past to deal with these triggers, habits, or behaviors.

3. Circle one or two habits you are most concerned about resurfacing in the future.

4. In the last column, write down new strategies you will use to manage these behaviors.

<table>
<thead>
<tr>
<th>High-risk behavior or trigger</th>
<th>How I’ve responded in the past</th>
<th>How I plan to respond in the future</th>
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### My Personal Rules & Boundaries for Lifelong Success—

**EXAMPLES:**

1. I will eat fried food less than once a week.

2. When I want ice cream, I will go to an ice cream store and ask for one scoop in a cup.

3. When I eat out with someone and we want a dessert, we can only get one to share.

4. 

5. 

6. 

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PAUL IS INVITED to watch a sporting event on TV at a friend’s home with a large group of people who were asked to bring ‘sporting snacks’ for the party. Paul is nervous about potentially overeating. Discuss some options for Paul.

1. What are some strategies Paul could use to avoid overeating in this situation?

2. What are some possible things he could say if someone asks why he isn’t eating or is not eating as much as everyone else?

BILL HAS DINNER after service in the fellowship hall. He has been trying to lose weight and has made great progress. He hasn’t attended a church dinner in a few weeks and is worried he may overeat.

1. What are some strategies Bill could use to avoid overeating in this situation?

2. What are some possible things he could say if someone asks why he isn’t eating or is not eating as much as everyone else?