

## Internal Trigger Questionnaire

During recovery there are often certain feelings or emotions that trigger the brain to think about using your eating disorder behavior. Read the following list of emotions and indicate with a checkmark which of them might trigger (or triggered in the past) thoughts of eating disorder behavior for you.

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Fear               | <input type="checkbox"/> Feeling Frustrated | <input type="checkbox"/> Feeling Neglected   |
| <input type="checkbox"/> Anger              | <input type="checkbox"/> Feelings of Guilt  | <input type="checkbox"/> Nervousness         |
| <input type="checkbox"/> Confidence         | <input type="checkbox"/> Happiness          | <input type="checkbox"/> Feelings of Passion |
| <input type="checkbox"/> Feeling Criticized | <input type="checkbox"/> Feeling Inadequate | <input type="checkbox"/> Feeling Pressured   |
| <input type="checkbox"/> Depression         | <input type="checkbox"/> Feeling Insecure   | <input type="checkbox"/> Feeling Relaxed     |
| <input type="checkbox"/> Embarrassment      | <input type="checkbox"/> Irritation         | <input type="checkbox"/> Feeling Sad         |
| <input type="checkbox"/> Being Excited      | <input type="checkbox"/> Jealousy           | <input type="checkbox"/> Feeling Bored       |
| <input type="checkbox"/> Feeling Exhausted  | <input type="checkbox"/> Loneliness         |  |

I thought about using my eating disorder behavior when I felt:

Has your eating disorder in recent weeks/months been:

- Primarily tied to emotional conditions.  
 Routine and automatic without emotional triggering.

Are there any times in the recent past in which you were attempting to not use your eating disorder behavior and a specific change in your mood clearly resulted in using?

Yes     No

Describe: