

Trigger Chart

List people, places, and situations below according to their degree of association with your eating disorder behavior.

0% Chance Using E.D. _____ 100% Chance of Using E.D.

Never Use Eating Disorder

Almost Never Use E.D.

Almost Always Use E.D.

Always Use E.D.

These are safe situations

These are low risk.
Caution is needed.

These are high risk.
Staying in these is
dangerous.

Involvement in these situations
is deciding to continue
in my Eating Disorder Behavior.
Avoid totally.