EMOTIONAL EATING TRIGGER	ALTERNATIVE ACTION
Smiling when hurt, avoiding conflict by "swallowing feelings," while feeling treated unfairly	Learning assertiveness, practicing speaking out when someone hurts you, getting out of the "nice" trap
Coping with a large amount of stress, feeling overworked and deprived, due to a hectic schedule	Stress management skills, finding other ways to treat yourself, such a time off, long baths, walks, shopping, calling a friend . . . .
Caretaking – Placing everyone else's needs above your own	Learning to set boundaries and limits, learning to take care of yourself first
Perfectionism – driving yourself so hard that you feel deprived, feeling like a failure if 100% is not done	Relaxing standards to the "human level," accepting: it's okay not to be perfect, practicing moderation
Loneliness, feeling empty & neglected, not feeling a connection with others	Learning intimacy, developing a strong support system, re-examining the relationships in your life and making changes, if necessary
Underlying emotional trauma, that may stem from childhood issues	Seeking counseling to work out deep-seated emotional issues
Feeling out of control of situations, at work and/or at home	Examine your life situation, and decide if you need to make changes, practicing assertiveness.