

## What's Eating You? Homework

### Segment 3

- **Assignment:**  
Go back to the homework you did last week and fine tune it by identifying the very first cyclic trigger, thought, emotion or setting that will start your cycle to relapse.
  - This is the hardest thing for people to identify
  - It is the thing/s that occurs that starts us into the cycle each time
  - "When such and such happens I react thusly"
- Once this assignment is fine tuned and completed you have the knowledge to become successful with stopping the emotional eating cycle in your life.
- **Note:** If you by chance find yourself in a place of sudden memory realization or activation of traumatic events, seek professional help immediately.