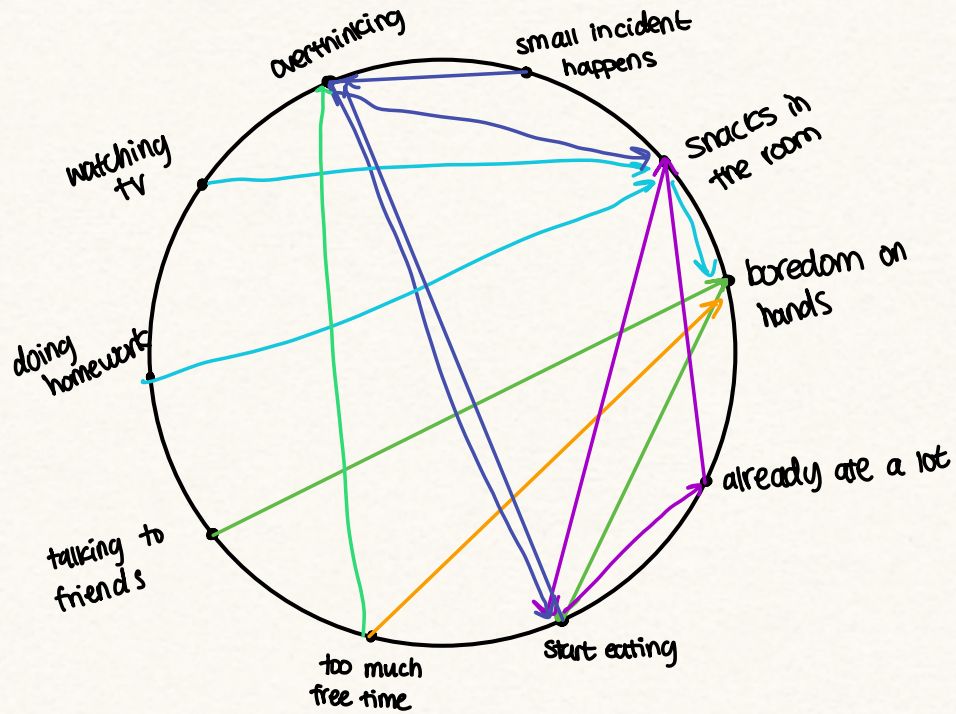


Connection circle



loop 1: anxiousness leads to eating leads to more anxiousness from overeating leads to anxiousness...

loop 2: doing mindless work in the room leads to boredom on hands leading to eating, leading to having already ate a lot leading to more snacking...

Fishbone Diagram

Mindless work

- watching TV
- talking to friends
- doing easy homework

Overthinking

- gets anxious and needs a distraction

Snacks

- something easily accessible and an easy way to distract oneself
- always in the room

Expectations

- pressure to be thin
- worried that overeating will impact health

Boredom

- always need to do something with my hands

Mindset

- thinking that I will be able to lose the weight later and can just mindlessly eat now
- everything is temporary so can overeat now.

⇒ Eating