

Freedom from Emotional Eating; *Changing your relationship with food*



Hunger Scale

This scale is to help you identify how you are feeling with regards to your biological hunger, your need for fuel. It can be hard to identify hunger to begin with as after many years of abusing this tool, we can struggle to hear its message again.

Hunger can be uncomfortable; tap on the feelings that arise if you cannot bear to be even peckish; it'll help you engage with your body again.

Try to stay within the range of hungry-full; either side of this range is tricky to navigate and you could end up throwing it all out of the window and falling back into old patterns.

Also, try to stay present with the TRUTH of how you feel. This means no judging or pretending that you are at a different part of the scale to justify your next actions. Staying with how you are really feeling will help you reconnect with your body and build trust. Over riding your body has not worked before, so here's a chance to learn to listen to it.

Be patient with yourself, take your time. The signals will come back and you will be able to trust them.

Honour your hunger and respect your fullness.

Remember, Practice makes Progress!

Empty		You may not have eaten for many hours. You may feel sick, low in energy, shaky or even faint. There's no fuel in your body. At this point you may overeat very easily. And grab whatever you can get your hands on, without really asking your body what it wants. Try to avoid getting to this level of hunger.
Hungry		At this point you are aware you need to eat to fuel your body, and it's ready to digest the food properly (this is what a rumbling tummy is indicating). You're in control, but may not like the feeling of hunger (tap on this). Food will be tastier.
Peckish		You may feel mild hunger, if you cannot prepare a meal, this could be a good time to enjoy a healthy snack. Food will taste good, but you will need only a small amount to feel satisfied.
Neutral		You feel ok, you're neither hungry or full up. If you're wanting to eat at this point, you need to tap to understand what you're really needing.
Satisfied		You feel that the hunger has reduced greatly and you may feel happy to stop eating at this point. Food may not be as tasty as it was; just one or two bites more and you could be feeling full.
Full		This is the point where you are no longer hungry, you feel full but comfortable. You don't want to eat anything else; any more could make you feel uncomfortable, it may even taste odd on your palate.
Overeaten		This is the point where you may have disengaged from your true hunger levels. You have eaten enough and then a little more. If you can stop at this point of awareness and tap, you will reduce the backlash of feelings that usually come up at this stage.
Stuffed		You've eaten too much and feel uncomfortable. You may have ignored the true hunger signal and been unable to control when you stopped. Have a look at why. What were/are your emotions.