



Mouth Hunger is a Signal

When you want to eat even though you are not physically hungry, it means “something is up” and wants your attention, it is a great teachable moment about yourself, **don’t miss the message.**

You do not choose to have mouth hunger and you cannot simply *will it away*—but you can *nurture it away!*

When you are not hungry but reach for food, you are doing so because you need help (see: [S-O-S](#)), you are needing, believing, or feeling something that needs to be addressed and or translated from the craving for food back to the real driver.

Compulsive eaters are people who chronically reach for help from food rather than from other people or within themselves.

All of us eat from mouth/mind hunger in an effort to sidestep the fear of loss or the essential pains that come and go in life. Fear of loss is so deeply rooted in childhood: loss of life, loss of love, and loss of self-esteem etc.

The goal then is to get better and better at simply feeling the original feeling moving through us, like a necessary rinsing, rather than transforming it into mouth hunger and acting on it. Sometimes it is our inner wisdom telling us simple truths like “I am tired or thirsty”(see: [Other Hungers](#)) sometimes it is much deeper, but either way it wants to be made known.

Ask yourself - ***What could I be.....***

Believing (or Thinking) --stay fascinated (no judgment)and capture it, write it down (take it to your next therapy session) and challenge it with.... *who says that is **the Truth?** Where is the evidence and what would my therapist or trusted friend say?* Afterwards always change your thinking “channel” by saying affirmations or positive self talk out loud.

Feeling--how can you let the feeling be expressed (emote), allow and pace that part of you and escort it to move through and out of you, afterwards always change your feeling “channel” by saying affirmations out loud.

Needing --see: [Other Hungers](#) or the [Universal Needs List](#) (NVC) and write out possible options to get your needs met now or in the near future.

Stay Fascinated and learn from mouth hunger when it shows up. Touch your belly and distinguish between belly hunger and Mouth/Mind Hunger

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