

HONORING THE "OTHER" HUNGER FEELINGS

Learning from Listening To Your Inner Wisdom

OTHER "HUNGER" FEELINGS (Mind/Mouth Hunger)

These all feel exactly like belly hunger—Learn to be more discerning and make the distinction between Belly Hunger and "Other Hungers".

-anxiety
-need for escape
-need for reward
-stress

-fatigue
-thirst
-boredom
-need for attention

-loneliness
-need for exercise/movement
-**any** strong or submerged emotion
-many of the Universal Needs (see: NVC)

Other Types of Hunger We are "hard wired" to need.

When we learn to respect & creatively meet these needs, we have a general sense of Wellbeing and a balanced Sense of Self (S-O-S- like a call for help) & integrity.

PHYSICAL

Food
Rest or Replenishment
Sexual
Movement (exercise)

EMOTIONAL

Connectedness
Receive/Give love
Self nurturing
Emotional Balance
(growth, self help or therapy)

SPIRITUAL

Sense of Life purpose
I Make a difference
Something bigger than self
Active altruism

Use the acronym **H.A.L.T-** stop and sort things out if you get too much of any of these:

H...too hungry

L...too lonely

A...too angry

T...too Tired

Remember that when you are too hungry, too lonely, too angry, or too tired, you will need to take care of yourself in some way or you will "act out" by eating or doing other compulsive behaviors. This is about learning to really meet the REAL need driving the other hunger.

RESPONDING TO EMOTIONAL HUNGER

There are several stages involved in learning to respond to emotional hunger. Take a few moments to develop a consciousness about where you are in each phase.

PHASE 1: Recognizing Hunger -Are you tuned in throughout the day to your hunger signals? Can you clearly differentiate physiological (stomach or belly hunger) from emotional (mind/mouth hunger) or "Other Hungers"?

PHASE 2: Adopting A New Attitude About Emotional Hunger (Other Hungers) - When you notice you have one of the "other hungers", are you able to be kind to yourself about it? Are you able to say... "*Isn't it interesting that I'm feeling like I need to eat right now, even though I am sure that I am not truly hungry in my belly, I am fascinating! I wonder what is going on today that is bothering me? If I need to, I am going to go ahead and eat, get myself the very best of what I want, and I will not say one mean thing to myself about it*"

It won't feel that great in the belly if you eat without belly hunger. In fact it can eventually feel like you betrayed yourself and the belly will be uncomfortable. This is when I suggest you apologize to the body for misreading it's needs and review what happened. What were you thinking, believing, feeling or needing? Learn from the experience and eventually it will happen less and less. Eating without hunger is often about wanting MORE, even when your belly isn't hungry.

Learn to be fascinated, *"What is the real MORE I am wanting, my belly isn't hungry"*.

"If I feel like I can wait to eat until I am truly stomach(belly) hungry then I will wait. In the meantime I will sit with my feelings or find something nurturing to do for myself."

Remember...you are not bad for eating beyond fullness or for eating when you are not hungry. You are merely trying to take care of yourself and acting on that impulse is a good thing! You are in the process of learning what your true needs are, how to feel their essential pain and sit with them a little bit, learn creative ways to meet those needs and let the feelings surrounding them rise and fall.

PHASE 3: Responding To Emotional Hunger

Are you providing for these Other Hunger times by having a food bag (food supply) that is well stocked with a variety of foods, especially legalized or normalized foods? If you don't have a way of regularly reminding yourself that all foods are "legal" and none are "forbidden", your primitive ego mind won't believe that you are really going to take care of the body. It won't believe that another famine (diet) isn't on the way. As you learn to REALLY take care of yourself and the true underlying needs, this part will calm down and stop trying to run the show, at least when it comes to eating and food.

Do you have a consciousness about the non-food related things that feel nurturing to you? Do you take time to do things for yourself when you need to?

NOTE: In the early stages of this work many people need to respond to emotional hunger (or other hungers) by eating. I strongly suggest that you be cautious about when you choose to respond to emotional hunger with non-food based nurturing strategies. The subconscious mind is listening, and if you feel deprived it takes note. Stay fascinated and ask yourself the following: If I eat this food what will I get to feel?

If I don't eat this food what will I have to feel?

What could I be needing if my belly isn't hungry and I want to eat?

What could I be believing (about the food, myself, the future, etc.)?

What could I be feeling that is leading me to want to eat?

One of the best indicators that you are ready to care-take yourself with something other than food is when you begin to notice that emotional hunger (Other Hunger) feedings are dissatisfying. You may feel deprived because the food is not tasting or feeling good except in the mouth and is not making you feel better. It never really meets the underlying need so you have to keep doing it (eating without belly hunger). As you get creative at meeting all of your needs, whatever they may be, the need to eat without hunger will cease!