

-REWARDS- the MORE I am wanting NON-FOOD "CARE-TAKING"

The options below can serve as...REWARDS.....ESCAPES.....PAMPERS.....SNEAKS.....
HUGS....."CHEATS"..... PATS ON THE BACK..... REFRESHMENT.....NURTURING
EXPERIENCE.....Getting MORE of something.....LOVE.....REBELLION.....AVOIDANCE...
just as food has been used in the past when we were not hungry, to try to meet another need.

Learning to recognize the various types of hunger and learning to "feed" them, is a life long opportunity to discover **who** you are, and **how** to meet your needs. If you discover you have a sense of hunger, and you begin to eat food, yet you feel that food is not satisfying the "hunger", ask yourself **two** questions.

1. Are you getting exactly what you are wanting? Providing the **perfect match** for your body hunger is a very essential component to acquire a state where you are truly satisfied. Remember to keep exploring and experimenting with new foods along the way. Although there will be times when you can't get exactly what you want, this is when you can pay attention how that makes you feel, learn from that, and plan to get those foods as soon as possible the next time you are hungry. Always remind yourself " I will get to eat that food 100,000 times throughout my life (this calms down the part of you that is afraid of being deprived).
2. Ask yourself... what "other " type of hunger could you be experiencing? You could be sensing one of three appetite types... **physical, emotional** or **spiritual**. Learning how to "feed" these hungers as you notice them will also help you sense a state of satisfaction (verses discomfort). The following list may help you on your journey, consider these possibilities for your enjoyment!

Read this list **circle the things that interest you** or **add your own** and work in one or two this week, but most of all make sure it feels like a reward or it is fun to you! As you do these things remind yourself that you are rewarding yourself , can take care of you needs and enjoy every moment.

Make an expansive list of gratitudes
Take a 5-10 minute walk (or more)
Plan outdoor activities
Get a make-over or do one to yourself
Sit outside at sunset...relax, breath deeply
Get a manicure and/or pedicure
Take a bubble bath (candles & music)
Call a friend, tell the old story and the "**new story**"
Get a Massage, upper body, foot, or full body
Play games (even solitaire, crossword puzzles)
Leisure reading (~ 20 minutes not related to work)
Gardening
Go to the library & read something inspiring
Listen to audio CDs, different music, guided imagery
Watch inspiring or funny videos
Call a group & Volunteer yourself
Go for a leisure ride in the car
Write or e-mail letters, postcards, or birthday cards
Window shop-imagine a prosperous future
Plan a vacation
Look at new or used cars
Drive home a different way, relax!
Put photos in an album

Do something with your hands...fix something (home repairs, sewing, organize etc.), polish shoes, make something (start hobbies)
Play or practice a musical instrument.
Make a Christmas list
Get lyrics to a favorite song and...sing it
Go to a hardware store and browse
Get or give yourself a new hair do
Enlarge or frame a picture
Buy inexpensive accessories
make-up, nail polish (drug store)
perfume/cologne/hair gel etc.
barrette/tie or tie tack
handkerchief/scarf/barrette, hat or cap
cigar
Make **plans** for the next day or week
Go to the mall (walk or people watch)
Regular time to reflect, discover self-talk and tweak it, come to terms with issues, and plan to get help.
Go to a bookstore and browse
Buy a self help book about self improvement you are working on
Do something nice for someone (a surprise)

Do or plan something you've always wanted to do but didn't have the time (make a list).			
fishing antique show gun show car show go camping hit golf balls make a scrap book stay a night in a hotel	wax a car clean a car clean/organize garage go dancing bird watching take a nap plan a BBQ	take a cooking class catalog shopping go to recreational park and watch people play (or don't just watch, play by yourself)	write poetry go to garage sales re-arrange the house expand on this list of rewards lovemaking or self pleasure (see Other Hungers)

List others you thought of and plan them into your life also as soon as possible:

If you don't take care of these needs no matter what they are, you will tend to eat to try to feel good, but it doesn't ever really meet the true need, that is why you just keep eating, even if you are full, it is the MORE you want in life.

If you find yourself wanting to eat and you know you are not hungry, with **no judgment** whatsoever, be **fascinated** with the mystery going on and work on the translation. Remember, if you judge yourself you label the feeling, need, thought or belief as bad, and then it is just bad, you are less likely to keep exploring and learning from what is taking place. Eating without hunger will happen again and again if you don't make the translation and meet your real underlying need, this is precisely how we get to be overweight, because we eat when that is not really what the need is, so you might as well make the translation now and save yourself lots of needless eating that never really meets the need anyway. It feels good in the mouth but remember the mouth is hooked up with the ego-mind-hunger, most often it is not true belly hunger.

This is a very important moment to BE FASCINATED and these questions:

1. If I eat this food **what will I get to feel?** _____
2. If I don't eat this food **what will I have to feel?** _____
3. What is the **MORE** I am wanting? _____
4. What could I be **thinking/believing** (about the food, myself, my body, others etc..) that is leading me to want to eat without hunger?

5. What could I be **needing**, that is leading me to want to eat without hunger?

6. What could I be **feeling**, that is leading me to want to eat without hunger?

Once you gather information from the questions above the **REWARDS** list will help you get started making plans to take better care of yourself and really make a match in meeting the real underlying need that has shown up but in translation.