

5 Investigative Questions

Questions to ask if you are just about to eat beyond fullness, or without hunger in the belly.

You are like a private investigator gathering the details of a potential crime scene so you can solve the mystery of what is now trying to take place (or just took place-change the questions to past tense).

Remember STAY FASCINATED no self judgment or you won't get the clues to figure out what is driving this desire to eat without belly hunger. Also remember the belly can't lie, although the mind/mouth will seem to lie to you in order to trick you, in an attempt to get the needs of the ego met (believe it or not, the ego is trying to inform you but in translation). Yet if it is not about belly hunger it will never get the need met and you will just keep eating and still feel the emptiness inside. Also remind yourself that babies NEVER eat without hunger or beyond fullness, you are hard wired the same way. So stay curious about what is up for you today.

Five very important questions to ask at this point are:

- 1. If I eat that food right now what will I get to feel?** How do I create situations in my life where I can feel that feeling or sensation in other ways? How can I learn more about how to do that?
- 2. If I don't eat that food right now what will I have to feel?** Can I let the feeling pass through me? Remember there is not enough food in the world to fill the whole if it is not about belly hunger.
- 3. What could I be thinking or believing (that probably isn't the absolute Truth).** How can I tweak that right now or what could be another interpretation?
- 4. What could I be needing right now?** Can I plan to do that for myself as soon as possible or get help with that sometime soon?
- 5. What could I be feeling right now?** Can I let the feeling move through me (remember all feelings come and go over time) and learn how to create a different feeling soon or get help with that?

You could eat without hunger, and feel terrible in the belly, and you will still have the feeling, the need, the thought or belief that wants your attention. So you might as well figure it out, your inner wisdom is beckoning you to listen inside make any translations necessary to discover what you are Believing, Feeling or Needing and take care of yourself. If you don't know how to, you can learn how or get help with learning how.

This web site and information is created for that purpose, YOU CAN DO IT one step at a time, or one eating experience at a time. The mystery is now unraveling and you will find your unique truth by listening to your inner belly wisdom and using your creative brain to come up with some great ways to meet your needs. Use the [Rewards List](#), the [Other Hungers List](#), [The Lies We believe List](#), the [Universal Needs List](#) and the [Feelings Inventory](#) lists often in this process to identify what is going on in the moment.

I look forward to hearing about what you are learning about yourself!