

CAUSES OF OVEREATING

We never instinctually overeat! We are hard wired to stop when our belly is full, just like little babies. The key to believe that the food will always be there when we get hungry that we won't be deprived or the food is not forbidden (see [Normalizing Food](#))

Overeating is caused by:

- Failure to read hunger and fullness belly wisdom signals
- Poor food match (= foraging or continuing to try to make the [Perfect Match](#))
- Coping with stress/anxiety (not being aware of the [Other Hungers](#))
- Fear of deprivation, a diet is planned soon, foods are not normalized or legalized so you forbid certain foods
- Special foods (not generally available or forbidden)
- Forbidden foods- foods have not been normalized or legalized (see [Normalizing Food](#))
- Competition with family members for food (label foods with your name to protect them)
- Poor supply (increases demand or desire, Scarcity = Anxiety)
- Power struggles in your relationships so you eat to soothe yourself with belly hunger
- Poor [Sense of Self](#) (poor sense of [Other Hungers](#))
- Depression or intense emotion that is not being released or addressed in a healthy way, so it can move out of you and you can learn from it

CAUSES OF UNDEREATING

Under eating is caused by:

- Coping with stress/anxiety (usually in people with no history of dieting)
- Being Disconnected from Body Signal of Hunger
- Choosing to ignore Body Signals
- Struggle with self-regulation, need to feel in control
- Pre-occupation, distractions (ignoring hunger)
- Power struggles in relationships, need to feel in control
- Desire to manipulate body size and willing to do so at the expense of the body and inner wisdom
- Poor [Sense of Self](#) so attempt to fill this lack by controlling the body
- Depression or other mental illness