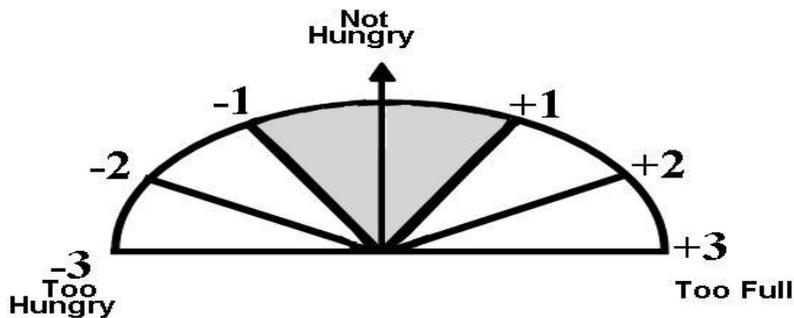


Conscious Eating: This will assist you with being fully present in the eating experience. Be in the moment of eating, not off somewhere else in your mind. This makes eating more satisfying and leads to eating less. Aspects of conscious eating include the following:

1. Minimize eating environment distractions.
2. Focusing on enjoying the appearance and smell of the food before and while you eat it.
3. Pay attention to the food that is in your mouth (not the next bite) notice the textures and tastes of each bite.
4. Keep your thoughts on the eating process.
5. Journalize any trouble thoughts, to allow you to consider solutions later, not while you are eating.

Mind/Mouth Hunger: This is hunger which is a separate sense of discomfort that has nothing to do with belly hunger, there is usually another type of “hunger” driving this feeling (see **Other Hungers**). Eating “just because it’s there”, because you want to put something in your mouth, because it taste/looks delicious, because it’s time for breakfast/lunch/dinner. Food that “beckons” or calls to you.

Hunger Pendulum Scale



For each -3 there is an Equal AND Opposite +3

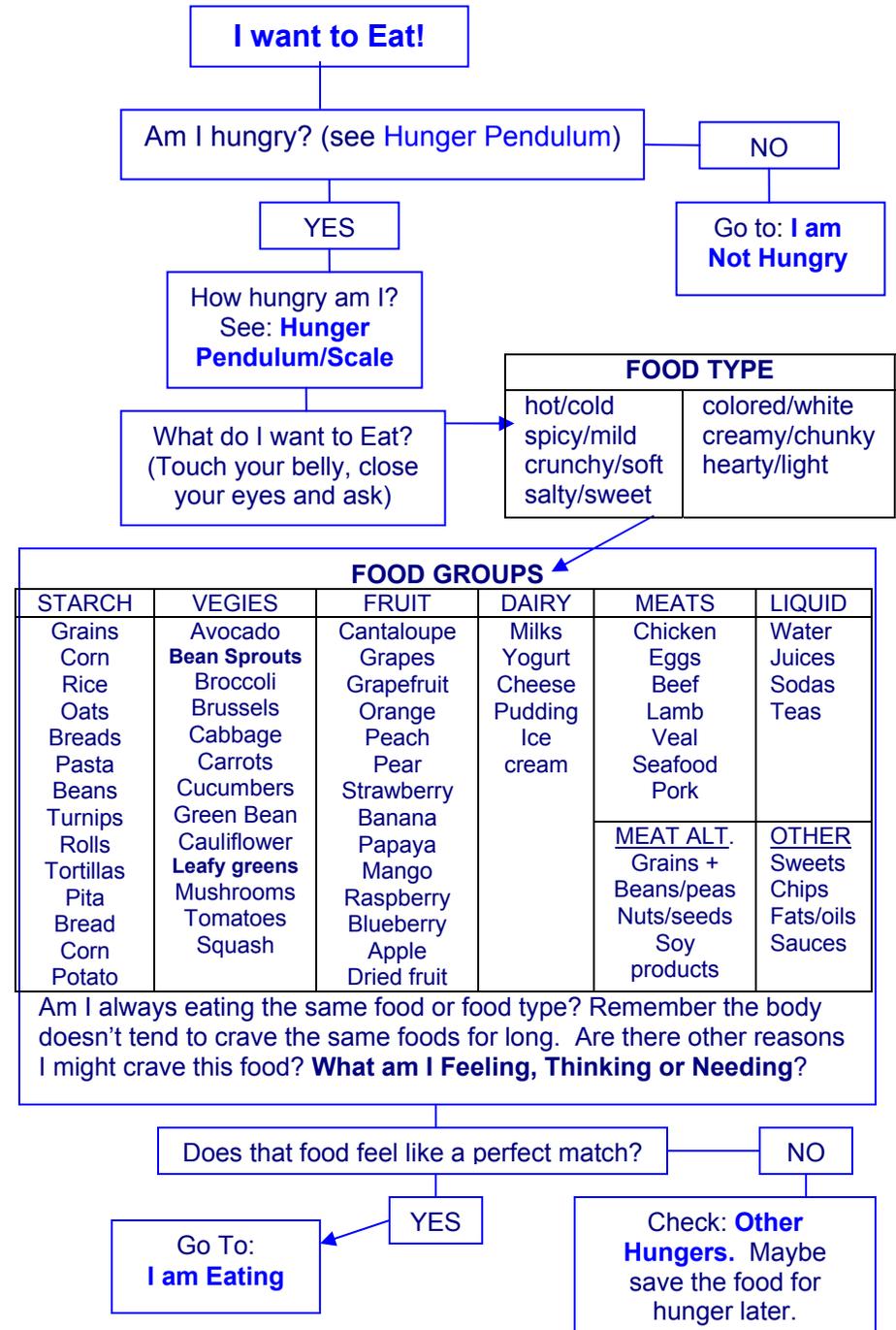
Which means for each time you starve yourself or diet there is an equal and opposite binge or over eating episode that will follow, the body can't be tricked, it is fighting to take care of you

Copyright © Mary Sue Abernethy 2009

www.weight-loss-choose-inner-wisdom.com

THE EATING FLOW CHART

Eating In Response to Hunger and Fullness



I Am Eating

Eat and be aware, eat very consciously without distraction.
(See: "**Conscious Eating**")

Keep reminding yourself that you can eat that food again the next time you are hungry for it. Even fear of deprivation (plans for an upcoming diet) can drive overeating.

After eating a few bites begin to CHECK FOR FULLNESS. Honor fullness (and yourself, your body's wisdom) by stopping when full, remember you will get to eat that food 100,000 times in you life, no foods are forbidden.

SELF TALK

Note: Listen for negative self talk, ask yourself "*What does my negative thought signal or symbolize?*" Explore new ways of talking to yourself about eating and your body (examples below). Take this list with you everywhere for a while and practice! Any judgment is a sign you are not staying *Fascinated* and you can't learn while you are in judgment!

- **What am I feeling?** Why am I "OK" with making myself feel bad?
- **What am I needing?** I am learning to identify what I need.
- **What am I believing/thinking,** about food, eating, my body, or my weight?
 - Are those thoughts leading me to eat without hunger?
 - I am learning to distinguish between belly hunger and mind/mouth hunger.
 - I am learning from those times I tune out. I am learning to "tune in".
 - I am learning to eat according to my internal cues for a healthy body.
 - I am learning to eat consciously from hunger.
 - My body will lead me to eating a wide variety of foods.
 - I am working on resolving my struggle with my body and food. Eventually my body will not crave the same foods repeatedly.
 - I am learning that food/weight is not the most important thing to me.
 - I am learning to feed myself when I am hungry.
 - I am learning to take care for myself in new ways.
 - I can give myself permission to eat when I am hungry and stay connected to my belly wisdom responding to fullness by stopping.
 - I am learning to connect with my body through my hunger signals.

Write Your Own: _____

I am Not Hungry

Can I wait for hunger to occur?
Maybe save the food for hunger later.

I still want to eat!

Check in with **Other Hungers (below)**:
This is a "Self Learning/Discovery Moment"
Don't miss the messenger! No Self Judgment!

Remember... Say with delight...
"I am so fascinating/mysterious!" I am not hungry and I still want to eat, I wonder what is up for me?

OTHER HUNGERS (FEELINGS)

- | | |
|------------------------------------|----------------------|
| - Anxiety | - Thirst |
| - Anger | - Stress |
| - Boredom | - Loneliness |
| - Fatigue/tired | - Need to rebel |
| - Need for exercise | - Need to be soothed |
| - Need for attention | - Need for love |
| - Need for escape | - Need to avoid |
| - Need for reward | - Need for a treat |
| - Any strong or submerged emotions | - Need to "cheat" |
| | - Other..... |

What do I want to Eat?

Choosing what to eat when you are NOT hungry:
Without hunger the food won't be as satisfying, it won't match your belly sensations, although it will feel good to the mouth. (See **Mind/Mouth Hunger**)