

## IDENTIFYING TRUE HUNGER



When you bring awareness to the table, your eating habits begin to change.

Bringing awareness to your eating habits means that you can gain understanding into your own unique eating psychology – why you eat what you eat, and how you relate your feelings to your use of food.

Here are a few insightful questions to ask yourself when you become aware of your need to eat:

- 1. Am I physically hungry or unconsciously reaching for something to change the way I feel?** *If yes, consciously choose a whole food meal and eat one mouthful at a time, focusing on the taste, aroma, texture and visual stimulation of that food. Chew mindfully and enjoy!*
  
- 2. What feeling has been triggered in me that I was wanting food to satiate?** *Write about what you are feeling/experiencing right now. Recognizable emotions, physical sensations, familiar thoughts...*
  
- 3. Why do I think food/eating will change the way I feel right now?** *What is the association you have with eating, or with eating this particular food?*

4. How am I trying to feel that I think food can change/fix that for me? *What are you really hungry for? What do you need to feel, hear, know, see or experience to be okay with how you're feeling?*
5. What would happen if I allowed myself to *experience* my feelings rather than *swallow my feelings*? *You're human and you're supposed to feel. You're feeling like this for a reason. Explore these emotions you are experiencing right now. What's the worst that could happen...*
6. What would support me in experiencing this/these emotion/s? *Write down some ideas then refer to your Distraction/Action List to create a set of healthy habits to support you in this moment.*

## DISTRACTION/ACTION LIST



1. *Make myself a cup of herbal tea*
2. *Drink a large glass of water, wait 5 minutes then ask myself the questions again.*
3. *Go outside and walk around the garden*
4. *Take 5 slow, deep belly breaths and focus on the exhale, relaxing physical tension*
5. *Write down the thoughts and feelings in my head and separate myself from my fears*
6. *Phone a friend and talk about what's really bothering me*
7. *Practice a meditation or yoga postures to calm my mind and body and tune into my true needs*
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## PROBLEM SOLVING EMOTIONAL TRIGGERS



What might trigger your emotional eating? E.g. people, situations, expectations, memories, specific foods, etc. How can you use your growing awareness to create new supportive thoughts and actions?

*Example sheet:*

EMOTIONAL TRIGGER	ACTION	AFFIRMATION
Eg. When I have certain foods in the house, I find myself unable to resist eating them.	<ol style="list-style-type: none"> <li>1. Only buy and keep healthy choices in my house</li> <li>2. Make nutrient dense, guilt-free versions I can enjoy if I want to</li> </ol>	I am honouring my needs and listening to my body.
Eg. Watching TV at night when I am home alone, I want to snack because I feel lonely and start to feel sorry for myself.	<ol style="list-style-type: none"> <li>1. Get up and do 10 squats to energise myself &amp; shift my negative energy</li> <li>2. Make myself a sweet herbal tea</li> <li>3. Journal my thoughts and feelings</li> <li>4. Ask myself the EE questions and use my distraction list</li> </ol>	I am perfectly comfortable in my own company. I breathe and relax and enjoy being alone.
Eg. When other people are eating I feel like I should eat too. Especially when they keep urging me to eat with them when I don't want to. It makes me uncomfortable so I give in.	<ol style="list-style-type: none"> <li>1. Pause and check in with my body. Am I hungry? Do I feel obliged to eat when I don't really want to/am not hungry?</li> <li>2. Communicate my choice firmly and set my personal boundaries. Leave if I have to.</li> <li>3. Drink a cup of herbal tea or water with lemon/lime slices</li> </ol>	I trust myself and body. I know what it best for me and speak up to others to communicate my boundaries.
E.g When I eat just one thing I think is 'bad' I feel like I have to eat all of it because I've already broken my diet.	<ol style="list-style-type: none"> <li>1. Pause to remember I am human and it's perfectly ok for me to eat something that I truly want even though it's not on my diet, or was more than allowed.</li> <li>2. Practice meditation, yoga or stretching. Go for a walk and breathe into my body.</li> <li>2. Forgive myself. I didn't do anything wrong. My dieting mindset is just doing it's thing. I don't have to listen to it.</li> </ol>	I accept myself exactly as I am. I listen to my body and trust my own inner hunger over food rules. I forgive myself quickly and move on with self-love and acceptance.

# Emotional Triggers

EMOTIONAL TRIGGER	ACTION	AFFIRMATION

# Emotional Triggers
