

# Experimenting with Hunger

**Here are some ways you can experiment with your hunger to define your 7-8 on the Hunger Scale.**

**Don't eat your first meal until 10am or later. Wait for true physical hunger and note if hunger comes and goes through the morning.**

Note the following:

- Hunger physically felt like...
- My emotional hunger SOUNDED like...

**Allow yourself to feel hunger for an extra 15-30 minutes, then eat lunch or dinner. Choose one meal to practice this.**

Ask yourself:

- Do I want to keep the thoughts I think when I'm getting hungry? Why or why not?
- What thoughts do I want to practice going forward while I wait for hunger?

**When you first feel a sign of hunger, drink a bottle of water. After 15-30 minutes, assess your hunger again. This is a great way to see if you are really hungry or just thirsty.**

Ask yourself:

- After I drank my water, I noticed this about my hunger...
- What did I learn from this exercise?

**Here are some ways to experiment with 'when you've had enough', your 2-3 on the Hunger Scale.**

**Leave behind 2-3 bites at every meal including snacks. Do the math - that's up to 63 bites not eaten over a week's time!**

Ask yourself:

- Was it easy or hard to leave behind bites? Why or why not?
- Did I notice a change in my satisfaction? In what ways?

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**Go out to eat and only eat half your meal. This teaches you to look differently at restaurant portions. Most restaurants, even the healthy meals, are typically the serving size of 2-3 meals.**

Ask yourself:

- What were your thoughts when you only ate half?
- Did you like your thoughts? Why or why not?

**Serve your food on a small plate/bowl. When the plate is empty, wait 10 minutes before deciding whether or not to get seconds. Ask yourself, "Have I had enough? Why or why not?" before you get up for more.**

Ask yourself:

- Did thinking about this first make it easy or hard for you to do this?
- Did you stop after one plate/bowl? Why or why not?