

# Listening to Hunger and Fullness Observations

This exercise will help you get a better idea of your overall mindset, help you break the Dieting Mentality, and will help you see improvements as your relationship with food improves.

When you are just getting started with Intuitive Eating, take note of a few things over the first week to evaluate how you are feeling and adjust your eating accordingly.

## 1) How am I feeling right when I wake up?

Observe your energy and hunger levels right when you wake up. Make sure you drink lots of water throughout your morning. Enjoy some coffee, tea, sparkling water, or simply regular water and observe how your body is feeling. It can be a typical first habit to wake up and go right to the refrigerator or cupboard to look for something to eat before even evaluating hunger. Do you feel hungry? Lethargic? Do you feel good? Energized? It can take some time to start listening to your body, so allow it time to adjust and become more attuned.

Be aware of how your body feels and responds so you can start eating according to what helps you feel most energized. The key is to know that there's not one and only one "right" way to fuel your body. It is highly individual. On the flip side, if you wake up in the morning and find that you are hungry, listen to that and fuel your body accordingly. If you aren't hungry right away, wait an hour or two for your hunger signals to kick in. If you're working out, some people who work out early in the morning may find that they get in a better workout if they have some food in their system. Some people may find that they feel nauseous during the workout if they eat right before. Everyone is different. That would be an example of listening to your body. Remember, flexibility, balance and learning what is right for YOUR body, will help yield the best results.

## 2) How am I feeling throughout the morning? Midday? Afternoon? Evening?

Take some moments throughout your day to evaluate your hunger. If you find you are always hungry, you may need to be eating more food during your meals, eat more snacks, or find more nutrient dense foods in order to satisfy your hunger.

If you find that you are never hungry, start eating more frequently throughout the day. If you tend to undereat and can't eat larger meals at this point, eating more frequently can help get your metabolism rolling again when your body sees that it will continue getting nutrients to run properly.

## 3) Observe thoughts without judgment, take notes, and write truths.

Observe your thoughts of food, both while you are eating and when you are not eating. Are the thoughts pleasant? Anxious? Eager? What is your mindset when you are eating and when you are away from food?

Notice the thoughts and record them by writing them down. If the thoughts are negative in any way, write a truth about food next to that thought. For example, if you felt stress about eating rice because of the carbs, write down the thought verbatim as it was said in your thoughts. Then, write next to the thought something like, "This rice has carbs in it and these carbs are going to give me tons of energy. I will be so productive throughout my day from eating this."