

Hunger Awareness Dialogue

Am I Hungry?

What am I hungry for?

is it physical hunger?
 is it stomach hunger?

is it emotional hunger?
 is it behavioral hunger?

what food am I hungry for?

- crunchy?
- comforting?
- refreshing?
- light?
- savory?
- sweet?

what am I feeling?

- stressed? sad? lonely?
- happy? anxious? tired?
- upset? disgusted? down?

am I thirsty?

will the food help?

short-term vs long term
 now vs tomorrow?
 does it align with your goals?

visualize the food that
 you want.

what can I do instead?

- walk the dog
- journal
- call a friend
- revisit your goals
- take a hot bath
- light a candle
- read a book
- affirmations
- positive self-talk



how hungry am I?

use scale 1-10, practice identifying body sensations
 and hunger before, during, and after eating

The Hunger Scale

