

## Body Connection Scale: Hungry to Satiated

One of the first things chronic dieting strips from you is your connection with your body and its natural signals – especially signals of hunger and satiety. This scale will help you reconnect with those signals and understand what they mean.

	<u>What you feel physically</u>	<u>What you think</u>	<u>What you feel emotionally</u>
10	Stuffed/Sick	“Ugh – I pigged out.”	Shame
09	Too full	“I overate. My clothes are too tight.”	Guilt
08	Uncomfortable	“I should have stopped sooner.”	Disappointed w/ yourself
07	<b>Really Comfortable/Full</b>	<b>“That was good. I am full.”</b>	<b>Satisfied</b>
06	<b>Comfortable</b>	<b>“I am getting full.”</b>	<b>Attentive</b>
05	Neutral/Neither Hungry nor Full	Thoughts are not about food	Neutral
04	<b>A Little Hungry (you can wait, but know that you will need to eat soon) Beginning to feel empty</b>	<b>“I think I am getting hungry.”</b>	<b>Aware</b>
03	<b>Hungry (you are ready to eat) Rumbling stomach</b>	<b>“I am hungry.”</b>	<b>Distracted</b>
02	Uncomfortably Hungry (you need food.) Intense rumbling, nausea	“I need to eat.”	Irritated/Can’t Think or Concentrate
01	Starving/Weak/Lightheaded	“I MUST HAVE FOOD.”	Desperate/Primal

Use this scale to learn how to pay attention to what your body is experiencing in regards to food/eating.

**\*\*Notice that it is best to eat when you are at a 03 or 04. Honor your body and yourself by paying attention to the signals of hunger and responding to them quickly. You wouldn’t starve a beloved pet; why would you starve yourself?**

**\*\*Notice that you are most comfortable and satiated at a 06 or 07 on the scale. Pause and notice how you feel at those levels. Take a moment and imagine how uncomfortable you will feel if you keep eating. Again, honor yourself and your body’s signals. No one likes to feel uncomfortably full.**