**SENSATIONS VS. FEELINGS WORKSHEET:**

There is the bodily sensation of hunger and the emotional feeling of hunger. We eat for both reasons and it is okay; there is no judgment. It is just fascinating to understand the difference. Ultimately, we want to eat when we have the sensation of hunger and use tools to cope with feelings.

<table>
<thead>
<tr>
<th>Describe the physical sensation of hunger below:</th>
<th>Describe the emotional need/feelings that might make you feel hungry or the need to eat below:</th>
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<tbody>
<tr>
<td>1. <em>Example</em>: My stomach feels empty and makes noises.</td>
<td>1. Anger. I want to use food to stuff down my fury.</td>
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<tr>
<td>2. <em>Example</em>: My mouth gets wet.</td>
<td>2. Loneliness: I am comforted by warm, yummy food when alone.</td>
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<td>4.</td>
<td>4. Boredom: I am looking for food to entertain me, so I don’t have to entertain myself.</td>
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PHYSICAL HUNGER SCALE

How does your body feel at –2?

How does your body feel at +2?

How does your body feel at 0?

How does your body feel at –4?

How does your body feel at +4?

When are you most likely to overeat?
PHYSICAL HUNGER SCALE JOURNAL WORKSHEET

Meal #1:

Meal #2:

Meal #3:

Meal #4:

Meal #5:

Meal #6:
FOOD JOURNAL

Keep a food journal in a small notebook that you can carry with you easily or put by your nightstand in the evening to fill out. Each time you eat record what you ate and where you were on the hunger scale before and after. I have included a sample here of one day and given you space on the next page to fill in what you have eaten today as well.

Meal #1
Eggbeaters, Whole Grain Toast
–2 to 2

Meal #2
Pure Protein Bar
–2 to 2

Meal #3
Vegetables stir-fried in a little olive oil, one chicken breast
–2 to 3

Meal #4
Ice Cream
Joy Eat

Meal #5
Small Filet Steak, Small Yam, Asparagus
–2 to 2 (didn’t finish it)

Meal #6
1/2 protein shake (wanted something sweet)
–1 to 1
STOPPING AT +2

One of the best opportunities you will have to feel is when you stop eating at +2 on the hunger scale. Many times you will want to keep eating even though you are physically full. The reason you want to keep eating is an emotion. When you give yourself the gift of stopping and feeling you will learn so much about yourself and your relationship with food.

What does it feel like to stop at +2 when you want to keep eating?

What is the dominant feeling that comes up?

Is it difficult not to obey or react to this feeling?

What thoughts do you notice that may be causing the feeling?

How long does the feeling last?

Does overeating past +2 prevent the feeling or just distract you from it?
"HELLO, SCALE" WORKSHEET

Before you step on the scale, write down how you are feeling:

Number today: ____________________________

How do you feel about this number?

________________________________________

________________________________________

What do you believe this number means?

________________________________________

________________________________________

Are these thoughts true?

________________________________________

________________________________________

Can you see that it is not the number that is causing the feelings but your thoughts about it?

________________________________________

________________________________________

Describe what it feels like to be in a body that weighs this number.

________________________________________

________________________________________

What can you do right now to choose joy, regardless of the number?

________________________________________

________________________________________

________________________________________
Tedious Powerful Worksheet part 1

This worksheet is to be used as often as you can handle. It is very tedious and time-consuming, but the results are amazing. Sit down with this one before you eat and document in detail. Pick a Joy or Fuel food you really like.

Name of food: 

Quantity you want to eat: 

Where are you on the hunger scale? 

Describe the food in detail (look, smell, texture, color, etc.):

Your feeling before eating the food:

Describe each bite and stop to write in between bites. Stop eating the food when you stop enjoying it.

Describe bite 1 in detail:

Describe bite 2 in detail:

Describe bite 3 in detail:

Describe bite 4 in detail:

Describe bite 5 in detail:

Describe bite 6 in detail:

Describe bite 7 in detail:
Tedious Powerful Worksheet

Continued from previous page.

Describe bite 8 in detail:

Describe bite 9 in detail:

Describe bite 10 in detail:

Do all the bites taste the same? Yes or No (Circle one)

Does it start to taste less pleasurable or more pleasurable as you add bites?

More or Less (Circle one)

What is your feeling after eating this food?

How much did you eat before feeling satisfied?

When did you stop eating?

Where are you on the Hunger Scale after eating this food?

How does this food feel in your body?
Tedious Powerful Worksheet part 2

After you have completed the worksheet, answer the following questions:
Did you overeat more when you were below –2 on the hunger scale?

Were you able to get more satisfied when you paid more attention to each bite?

How did your feelings affect the quantity of food you ate?

Were your before and after feelings the same or different?

Did you ever stop at bite one (1) because you realized it was not something you wanted to eat?