

# Am I Hungry?

*Every time you think about food or eating, ask yourself: Am I physically hungry?*

*Before you eat, ask your self: Am I physically hungry?*

<p><b>Am I hungry?</b> <b>a) YES</b></p> <p>Eat whatever you fancy until physically full When physically full stop eating until you are physically hungry again.</p>	<p><b>Am I hungry?</b> <b>b) NO</b></p> <p>This is emotional hunger, when you still want to eat, even though you are physically full. In this instant it is important to ask yourself the following</p> <ol style="list-style-type: none"><li>1. What feeling is this?</li><li>2. Given the fact I feel this way what would like to do now?</li><li>3. If the answer is a healthy one Then get busy doing it!</li></ol>
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Do be aware of what your mind comes up with as an answer to the question - **Given the fact I feel this way what would I like to do now?** Make sure the answer **is** the healthy alternative to 'stuffing the feelings down', and not just another avoidance tactic. By avoidance tactic, I mean having a cigarette or a double vodka, a compulsive run or houseclean. These activities would only help you stay distant from your own feelings. It is important to allow yourself to feel your feelings. It is also important that **how** you act on them **is** helping you resolve them.

**Example:** You feel like eating and you check in with your stomach. You ask yourself. **1. Am I physically hungry?** The answer comes. No, I am

physically full. So, (as outlined in column b) you check in with your feelings by asking. **2. What feeling is this?** And you realise you are bored. You then ask yourself. **3. Given the fact that I feel this way what would I like to do now?** The answer comes. I would like to phone a friend. You look through your phone book and call one of your friends, enjoy a chat and feel satisfied.

This is a simple example of easily meeting your own emotional needs appropriately. I am sure I don't have to remind you, that it is not always as easy or as simple as this. There could be bigger issues involved. The important thing is to become aware of those issues, feel the feelings associated with them, and know that deep within you lies the solution to those issues, no matter how old or painful they may be. Thus you face up to, and resolve them, leaving you free to move forward, into the life of your choice. The life of good health, slimness, satisfying relationships and prosperity.

Whilst in the process of changing compulsive eating patterns, the more you are able to recognise and act appropriately on emotional hunger and physical hunger, the easier it is to get into contact with the previously suppressed emotional issues and feelings.

The more you *eat when physically hungry and stop when physically full*, the more you are *creating a clear channel through which feelings can flow*, thus you no longer *suppress* and instead you start to *experience* those old suppressed feelings. The more you get used to *experiencing* your feelings, the less scared you are of them. You can then, discover what they are all about and go about resolving them effectively and permanently. This is healing. Although it may sometimes be uncomfortable to feel your feelings, know that by feeling your feelings or emotions, you are healing the cause of bingeing. And the discomfort passes and as a result excess weight is lost for good!

Once resolved, these emotional issues and feelings never again cause you to eat, when you are physically full, in order to cope with them. Now, you are in the powerful position of not only being able to cope with your feelings and

emotional issues, but you are also well on the way to resolving permanently anything that previously troubled you. The following table enables you to see what your choices are.

**Choice (A)** - The Self-Abusive - *stuff your feelings down* - Way

You have your emotional issue / uncomfortable feelings - you indulge in your addiction i.e. you eat when physically full, thus you suppress your feelings. Your energy is depleted.

Or you start off eating when genuinely physically hungry, but continue to eat long past the time when your stomach has become physically full. The emotional issue remains unresolved.

**Choice (B)** - The Healthy - *feel your feelings* - Way

You have your emotional issue and uncomfortable feelings – you experience your feelings, thus helping them integrate. You also think about the solution to the emotional issue, thus helping resolve it.

Eating if you are physically hungry. Not eating if you are physically full. Experiencing your feelings. Feeling your feelings and asking yourself: **Given the fact that I feel this way what would I like to do now?** And doing what ever comes to mind as the answer, as long as it is not another self-abusive 'stuff my feelings down' activity. Feelings integrate, that means, one feels a stronger sense of self and emotional issues get resolved. One feels more at peace with the original issue.

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