

## Hungry/Full Scale

1	<b>Extremely Hungry- and you should have eaten a long time ago. You feel ravenous, extremely shaky. My signs are:</b>
2	<b>Very Hungry- and you can feel your stomach grumbling, you might feel light headed. You are over hungry. My signs are:</b>
3	<b>Hungry- and feel stomach grumbling, thoughts of eating might be present. Emptiness in stomach. My signs are:</b>
4	<b>Slightly Hungry- beginning signs of hunger. My signs are:</b>
5	<b>Satiated. Feel neither hungry nor full. My signs are:</b>
6	<b>Satisfied- in your stomach. You feel better physically. My signs are:</b>
7	<b>Full- and feel the fullness in your stomach. You are satisfied and could stop. My signs are:</b>
8	<b>Over Full- and can feel the fullness in your stomach. Could be pretty uncomfortable. My signs are:</b>
9	<b>Very Full- and feel uncomfortable. Bloating and nausea might be present. My signs are:</b>
10	<b>Extremely Full- and you are very uncomfortable. Stomach is stuffed to overflowing and you might feel sick to your stomach. My signs are:</b>

## **Hungry/Full Scale**

The Hungry/Full Scale is one of my favorite tools to use to end binge eating. It offers you the opportunity to get in touch with your body, where the wisdom of true hunger lies. Remember, **THIS IS NOT A DIET**; it is a tool for awareness. There is no deprivation, only information. If you eat when you are not hungry, don't beat yourself up; use it as information to see what might be driving the overeating. This is a process of learning what you knew a long time ago. Be gentle. It will work over time and you will become more in charge of your eating responses.

### **How to start:**

In order to focus on how hungry you feel, start by taking a deep breath and focus on your body sensations. Now focus inside in your belly area. Notice the physical sensations and then look at the Hungry/Full Scale to determine how hungry you feel. See if you can eat when hungry (3-4) and stop when you are full (6-7). I like the idea of red light, green light. Red light is stop, yellow is caution and green is go, so you will see a visual on the tool that can help you see when you can go and when to stop.

### **Daily practice:**

Evaluate your PHYSICAL level of hunger at various times a day. Evaluate your level of hunger before you eat, while you are eating and when you think you are done. This will give you the opportunity to be more mindful of your body's sensation of hunger and fullness. As you practice this skill you will get better. Remember years of dieting and deprivation took you away from your natural body signals that tell you when you are hungry and full.

### **Make this process your own:**

I have based the descriptions of the scale indicators on all the people I have talked to about their hunger/fullness level. The descriptions might not fit for you. If not, add your personal indicators to each level. Enter your descriptive words in the area that says "my signs are." This makes this scale specific to you.

### **Reevaluate hunger/fullness over time:**

Over time you may find that what used to feel like a 7 to you, now feels like an 8-9. You are becoming more and more conscious of your hunger and fullness.

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