

Tune Into Your Body's Inner Signals

By using the Hunger/Fulness Discovery Spectrum:

- 10** VERY PAINFUL FULLNESS- Sick, Overfull.
- 9** INTENSE- Stuffed, Very uncomfortable.
- 8** SOMEWHAT INTENSE- Full. This is over "satisfied" beyond which the momentum of eating has taken you. Food begins to seem a little "plastic". Beginning to be uncomfortable.
- 7** MODERATE- Satisfied. A good time, according to your stomach, to slow down or stop eating. You are pleasantly satisfied.
- 6** MINIMAL FULLNESS- On the way to being satisfied. Food tastes good and you are not yet satisfied.
- 5** NEUTRAL- Neither hungry nor full.
- 4** MINIMAL HUNGER- On the way to being hungry. Not too sure. The first awakenings of hunger.
- 3** MODERATE- Pangs. Hungry enough to know for sure. A good time to eat according to your stomach. Food tastes delicious.
- 2** SOMEWHAT INTENSE- Set, Very hungry. Beginning to feel deprived and panicky.
- 1** INTENSE- Ravenous. Too hungry. This is the "fat-banging" stage when you might eat anything. You feel deprived and have an increase in food cravings.
- 0** VERY PAINFUL HUNGER- Sick, Extreme discomfort with an empty feeling. Might pass out. Very panicky.

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