

## Mindful Eating Worksheet

Mindfulness is a process of self discovery, and the best place to start is with an attitude of open and friendly curiosity, and avoid assessment or judgment. I invite you to make a habit of regularly pausing and asking yourself ‘Am I hungry?....How do I know?’ throughout the day.

When you do eat, practice pausing now and then as you eat and ask yourself “Am I full?...How do I know?”. What are the physical signs of hunger and fullness for you? Can you start to notice the different levels of hunger? The different levels of fullness? As you get more comfortable with tuning into your hunger and fullness levels, shift to using this information to support making eating decisions based on what your body is experiencing.

### Things to remember:

- be aware of turning mindful eating into yet another rigid eating rule. For instance, deciding “I shall only eat when I am sufficiently hungry and I will always stop eating the moment I am full” is unhelpful and is another manifestation of feeds what we call the Diet Mentality.
- if you let yourself get too hungry, your ability to stop and discern what you really want to eat and feel your fullness signals diminishes.

What are my physical cues for hunger? How does **slightly hungry** differ from **very hungry**?

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At what point do I usually respond?

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What are my physical cues for fullness? How does **slightly full** differ from **very full**?

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At what point do I usually respond?

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## *What Do I Want to Eat?*

For some of us, deciding when and how much to eat isn't the only issue. Many of us can feel overwhelmed and unsure when it comes to **what** to eat. Again, these same issues of mistrust in our bodies and ourselves come into play here. If we aren't following some eating plan, or following a trend like 'gluten free' or 'no carbs', how do we know what to eat?

Certainly, food allergies and other food sensitivity issues can come into play and impact our food choices. For instance, if you are lactose intolerant then yes, it is likely best for you to avoid foods with lactose. However, a word of caution - the issue of food intolerances is thrown around quite a bit these days, and many people are staying away from whole groups of foods because they've become convinced it is unhealthy based on popular opinion rather than the experience of their own body. More often than not, **food plans that forbid entire food groups are diets in disguise, with the goals mostly centred around weight loss.** Having weight loss as a goal when choosing what to eat can play havoc with our relationship with food, and can undo all the good work we are doing to relearn to listen and respond to our body.

Take some time to consider what your taste preferences are. Ask yourself, do I want something that is.....

**(list some examples of your favourite foods in eat category)**

Hot	Cold
Crunchy	Smooth
Sweet	Savoury
Crisp	Tangy