

FULLNESS EXERCISE

STEP ONE

Ensure that you don't have any distractions.

STEP TWO

Reflect on your hunger

Think about how hungry you are. Choose what you would like to eat. If you are finding this step difficult, it might be helpful to return to Workshop 2 which explores how to listen and respond to your hunger. You might want to use the hunger and fullness scale which can be found in the resource section of this workshop.

STEP THREE

Start eating your chosen meal or snack.

STEP FOUR

Mid-meal reflections

Check in with yourself. Take a few deep breaths for 10-20 seconds. Be curious and ask yourself these questions:

- Am I still enjoying this food as much as I did at the beginning?
- What physical sensations am I feeling?
- What number would I give myself on the hunger-fullness scale?

STEP FIVE

End of meal reflections

When you finish eating, again reflect on how hungry or full you are. Use the hunger-fullness scale to observe how you feel.

STEP SIX

Continue to Reflect

Set a timer on your phone for every 30 minutes for the next few hours after your meal to check in with yourself. Use the hunger-fullness scale to observe how you feel.