

Am I hungry?

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

Before you eat, ask yourself: Am I physically hungry?

Am I physically hungry?	
a) YES	b) NO
<p>Eat whatever you fancy until physically full.</p> <p>When physically full stop eating until you are physically hungry again.</p>	<p>This is emotional hunger, when you still want to eat even though you are physically full</p> <p>- In this instant it is important to ask yourself the following:</p> <ol style="list-style-type: none">1. What feeling is this?2. Given the fact I feel this way what would I like to do now?3. If the answer is a healthy one, get busy doing it!

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 such as lighting a fag, a binge on alcohol or a compulsive shopping spree 'just to cheer yourself up' but leaves you in debt. These activities are simply other ways of avoiding

or suppressing those uncomfortable feelings and emotional issues that can trigger binges. It is important to allow yourself to *feel* your feelings and not suppress them either by eating when full or in any other way as already mentioned. It is very important that **how** you act on them **is** helping you resolve them. To clarify this point take a look at the example below.

Example:

I feel like eating and I check in with my stomach. I ask myself.

1. Am I physically hungry?

The answer comes. No, I am physically full.

So, (as outlined in column b) I check in with my feelings by asking.

2. What feeling is this?

I realise I'm bored. I then ask myself.

3. Given the fact that I feel this way (bored), what would I like to do now? The answer comes - I would like to phone a friend. I look through my phone book and call one of my friends, enjoy a chat and feel satisfied.

This is a simple example of easily meeting your own emotional needs appropriately. And, you have just side tracked a binge! I am sure I don't have to remind you that it is not always as simple as this; there could be bigger issues involved. However, 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 work, supportive friendships, fulfilling relationships and prosperity. This surely is the

life we all aspire to, and each of us can have through self-understanding, self-belief, self-healing and self-effort.

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