

# What Hunger Feels Like

Helps you notice the signals your body sends about food, in your own words.

## WHEN TO USE THIS

Use this over a day or two, filling in bits as you notice them.

**How does your body tell you it is hungry? Use words, not numbers.**

*Empty, shaky, light headed, foggy, cranky, or nothing at all.*

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**How does it tell you it has had enough?**

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**Are those signals loud, faint, or gone altogether at the moment?**

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**What tends to drown them out?**

- ☐ Being busy
- ☐ Being upset
- ☐ Eating while on my phone
- ☐ Going a long stretch without food
- ☐ Pressure at work
- ☐ Not sleeping
- ☐ Other people around
- ☐ Something else

*These signals go quiet when they are ignored for a while, and they do come back.*