

The Hunger Check Tool

The 4 step process

Step One

Every time you're about to eat (or already ate, or are eating), ask yourself the following question: **Am I physically hungry or emotionally hungry?**

Your answer is will determine your next steps below.

Step Two

> If you answer **physically** that means physical hunger is your problem which means eating is your solution. Ask yourself the following questions:

- ☐ How hungry am I?
- ☐ What do I feel like eating? Consider: hot or cold, creamy or spicy?
- ☐ What sounds good to you? Bacon and eggs or soup and sandwich?

Now proceed to STEP FOUR on the next page.

> If you answer **emotionally** that means emotional hunger is the problem and awareness is your solution. If this is the case, proceed to STEP THREE. Note it is totally ok if you choose to eat as your solution that's ok too!

Step Three

Here's how to check in (try to be curious, not judgemental):

- ☐ Reflect. Take a moment to either write down or mentally take an inventory of the things that happened throughout your day. What sticks out?
- ☐ Was there anything that triggered a strong emotion in you? It can be positive or negative.
- ☐ What was going through your mind at the time? For example, did your inner voice start to get critical? Maybe you felt tears come to your eyes. All feelings are valid!

Now proceed to STEP FOUR on the next page.



The Hunger Check Tool

The 4 step process

Step Four

If you feel up to it, take note of the time of day you ate, anything you found triggering, what emotion(s) came up, and what foods you reached for (you can even do this after you've eaten if you feel calmer). This can be challenging to face, but starting to understand why you emotionally eat will bring you clarity on what are the situations and feelings that trigger you most. **Soon, you'll start to feel less out of control as you start to see patterns emerge with your eating habits.**

Reflections

When you feel up to it, spend some time reflecting on these questions (in your journal or the notes app on your phone):

What am I noticing about my physical hunger? How does it feel in my body?

What am I noticing about my emotional hunger? Does it build slowly or come on fast?

What is the most common emotion that makes me reach for food? Consider: stress, anxiety, sadness, loneliness, boredom, anger—there's no wrong answer!

