

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 hungry? a) YES	Am I hungry? 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. 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 then 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. By avoidance tactic, I mean having a cigarette or a double vodka, a compulsive run or houseclean. These activities would only help you stay distant from your own feelings. It is important to allow yourself to feel your feelings. It is also important that **how** you act on them **is** helping you resolve them.

Example: You feel like eating and you check in with your stomach. You ask yourself: **Am I physically hungry?** The answer comes. No, I am physically full. So, (as outlined in column b) you check in with your feelings by asking:

2. What feeling is this? And you realise you are bored. You then ask yourself. **3. Given the fact that I feel this way what would I like to do now?** The answer comes. 'I would like to phone a friend'. So you call one of your friends, enjoy a chat and feel satisfied.

This is a simple example of easily meeting your own emotional needs appropriately. I am sure I don't have to remind you, that it is not always as easy or as simple as this. There could be bigger issues involved. 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 relationships and prosperity.

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