

In the Moment Urge-to-Eat Assessment

Am I physically hungry and/or does it make sense to eat now to prevent over hunger later?



Eat to satisfy physical hunger



Not physically hungry. Rate urge (low, med, high). Is the urge to eat or the emotional significance very high (9-10/10)?



If cue = food available, engage in ADE.
If cue = an emotion, engage in EEE.
Goals = stay tuned in, look for diminishing returns, don't get too full



Don't eat

Low urge: practice distract/delay/distance

Medium urge: practice urge surfing

(examples: have ONE piece of chocolate to take the edge off a sweets craving, have some bites of wedding cake to participate in a special moment).

Urge Intensity Rating						
Weak		Moderate			Strong	
1	2	3	4	5	6	7

Definitions:

Anti-Deprivation Eating (ADE): When you make a conscious decision to enjoy some sort of food, even though you aren't *that* hungry. It's allowing yourself a reasonable amount of a certain food you are wanting...so you won't feel deprived later on and end up *overeating* the food.

--This is NOT an excuse to get stuffed! In fact, the purpose of ADEs is to keep you from setting yourself up to overindulge in the future!

Effective Emotional Eating (EEE): All people eat for emotional reasons at time; this is part of "normal" eating. However, when you eat for emotional reasons, you want to do it effectively. Here's how it works: 1) you make a conscious to eat for emotional reasons, and 2) you stay tuned into your stomach as you so you can notice the point of diminishing returns When you do feel better after eating, you have been effective. Anytime you end up feeling worse after you ate, then it wasn't effective emotional eating.

--You are not practicing EEE when you use emotions as an excuse to get stuffed or when your eating has a "What the Heck" quality to it.