

# Appetite Awareness Skills

Conscious Decisions (CD): Just like it sounds...making a conscious decision to eat instead of just eating mindlessly. With this skill, you practice making the *choice* to eat. Conscious decisions help bring back more power and control.

Point of Diminishing Returns: This is when you stay tuned in to the food, and notice when it no longer tastes as good or feels as good. When you reach the point of diminishing returns, food is really not working so well for you so you need to change strategies.

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. Note: 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 CD 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. Note: 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.

Food Awareness and "Worth it/Not Worth it": Food awareness is bringing awareness to how different foods make us feel. We shift our focus to noticing not just how much food feels good, but also which types of food feel good. We want to try variety of foods, listen to our body, and gather data. We can compare how food make us feel in the moment and 20-30 minutes later.

»Consider taste, sensation, body sensation, energy, bloat, stomach comfort, cravings, health goals, etc.

»Rate if food experience was "worth it" or not to YOU

The end goal: to develop personal food guidelines

»What foods taste best to you?

»What foods make you feel good?

What foods support your health goals?

»Consider the process of eating it (taste, enjoyment) and the end product (how you feel, nutrition content)

»Decide what's worth it, and keep updating your personal food guidelines

# Taking Charge of Eating

*When you take control of your eating decision, you will be able to respond more effectively to external cues that encourage you to eat. You will likely be shocked to discover how much of the time you can identify some external cue, and how infrequently the reason you start (or stop) eating is based primarily on hunger and fullness.*

- Ask yourself these questions each time you start to eat . . .
  - Why am I eating right now?
  - Is it mealtime?
  - Is it because I am hungry?
  - Am I responding to my environment or to people in my environment?
  - Or, did the desire just pop into my mind?
- Each time you stop eating, ask yourself:
  - Am I stopping now because I am moderately full?
  - Did the serving size or packaging provide a helpful external signal to stop?
  - Am I stopping because I think other people might notice if I eat more?