

*Discovering your*

# MIDDLE WAY OF

HUNGER AND FULLNESS

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eat  
to  
love

A Mindful Guide to  
Transforming Your Relationship  
with Food, Body, and Life

Discovering your middle way of hunger and fullness helps you home in on what gives you the most satisfying eating experience. How satisfying an eating experience is depends a lot on when in the "conversation" with your body you respond to hunger and fullness. Your middle way of hunger is hungry enough that food tastes delicious but not so hungry that eating feels frenetic and out of control. Your middle way of fullness is full enough to hold you until your next meal or snack but not so full that you feel physically uncomfortable. Complete the tables on page 2 with data you have received from your very own body. Then answer the questions on pages 3 and 4 to find your middle way of hunger and fullness. Once you do, continue to check in with your wise body to determine what feels good for you!

On the hunger scale, the number 1 signifies the absence of hunger while 10 signifies the hungriest your body has ever felt. Similarly, on the fullness scale, 1 signifies the absence of fullness while 10 signifies the fullest you have ever felt.

## Your Hunger Scale

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<b>Hunger level</b>	<b>Number</b>	<b>Sensory/experiential descriptors</b>
Not hungry	1	
Gently hungry	2-3	
Hungry	4-5	
Very hungry	6-7	
Ravenous	8-9	
Painfully hungry	10	

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## Your Fullness Scale

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<b>Fullness level</b>	<b>Number</b>	<b>Sensory/experiential descriptors</b>
Not full at all	1	
No longer hungry	2-3	
Slightly full	4	
Comfortably full	5-6	
Very full	7-8	
Stuffed	9	
Sick	10	

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What is my eating experience like when I begin eating at a hunger level between 1 and 3?  
How well do I know what I'm hungry for?

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How fast do I eat?

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How good does the food taste in the moment?

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How enjoyable of an eating experience is it?

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What level of fullness do I tend to eat to?

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What is my eating experience like when I begin eating at a hunger level between 4 and 7?

How well do I know what I'm hungry for?

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How fast do I eat?

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How good does the food taste in the moment?

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How enjoyable of an eating experience is it?

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What level of fullness do I tend to eat to?

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What is my eating experience like when I begin eating at a hunger level between 8 and 10?

How well do I know what I'm hungry for?

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How fast do I eat?

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How good does the food taste in the moment?

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How enjoyable of an eating experience is it?

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What level of fullness do I tend to eat to?

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My middle way of hunger is:

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It is generous to allow myself to eat at this level because:

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My middle way of fullness is:

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It is generous to stop eating at this level of fullness because:

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Evidence that I can trust my body to guide me toward what I need includes:

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