

Lora Sasiela, LCSW, BCD

80 East Eleventh Street • New York, NY 10003 • 917.673.3867

13 West River Road • Rumson, NJ 07760 • 848.218.6381

www.lorasasiela.com

Hunger Scale

Use a 1-10 Hunger Scale to begin to get in touch with your particular body's hunger and satiation signals. Feel free to substitute your own language and experience in these descriptions. Most people enjoy their food and eat comfortably when they are between a "3" and a "6" on the hunger scale. The goal is to not let yourself get *too* hungry or *too* full.

1-----2-----3-----4-----5-----6-----7-----8-----9-----10

1. **BEYOND HUNGRY:** You may have a headache. You can't concentrate and feel dizzy. You may have trouble with coordination. You are totally out of energy.
2. You can't seem to tolerate anything. You're irritable and cranky and very hungry, with little energy. You may even feel nauseous. You are at the stage of being famished.
3. The urge to eat is strong. You feel an emptiness in your stomach. Your coordination begins to wane.
4. You start to think about food. Your body is giving you the signal that you might want to eat. You are a little hungry.
5. Your body has enough fuel to keep it going and is physically and psychologically just starting to feel satisfied.
6. You're fully at the point of satisfaction.
7. You're past the point of satisfaction, yet you can still "find room" for a little more.
8. You are actually starting to hurt. Your waistline feels tight. You are starting to feel physically uncomfortable and bloated.
9. You are very uncomfortable. You feel heavy, tired, and bloated. You would like to lie down.
10. **BEYOND FULL:** This is a typical Thanksgiving Dinner feeling – you are physically miserable, don't want to or can't move, and feel like you never

want to look at food again.