

## **EXPLORING HUNGER**

What does it feel like when you are physically hungry?
What do you notice in your body?
What the complete and year has time?
What thoughts are you having?
What does it feel like when you are emotionally hungry?
What does it feel like when you are emotionally hungry?
What do you notice in your body?
What thoughts are you having? What are the emotions?
What can you do to slow down your eating?