

Module 6:

WHAT ARE YOU REALLY HUNGRY FOR?



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Module Six Workbook

WELCOME TO MODULE FIVE.

This module is all about helping you understand the differences between physical and emotional hunger so that you can start making better choices in the moments of wanting to eat. Once you understand what you're feeling in your body and where it's coming from you can find new ways to 'feed your hunger'.

You'll learn a new process to help you stop the desire for certain foods too.

TASKS FOR THE MONTH:

- Watch the videos in this module
- Complete this workbook
- Use the physical vs emotional hunger audio
- Use the visualisation for the 'dim to desire' process
- Test out the Dim Your Desire process
- Share your biggest takeaways or realisations in the FB group
- Join our coaching circle calls

WORK THROUGH THE CONTENT BELOW

After watching the video for this module, what realisations/ thoughts/ takeaways do you have? Write them below.



PHYSICAL VS EMOTIONAL HUNGER

Below you will find some of the main differences between physical and emotional hunger.

PHYSICAL HUNGER

Builds slowly over time. When you're more conscious, present and in tune with your body you'll notice the signs that you're getting physically hungry.

It feels more gradual and softer.

Physical hunger WILL be satisfied by food.

Any type of food will sound good, a vegetable stir fry, salad, banana, anything that will actually satisfy the hunger.

You'll stop when you're full because you've had enough and are satisfied.

You'll get physical signs, tummy rumbles, sometimes you can feel a bit light headed if you get too hungry.

EMOTIONAL HUNGER

Hits fast and can feel like it comes out of nowhere. It will feel sudden and intense.

Emotional hunger will feel more demanding, driven by desire and the urge and need for something.

Emotional hunger will NEVER be satisfied by food because you're not actually hungry.

You'll crave a specific type of food, usually the sugar filled, carb loaded, junk foods or ones that give you comfort.

You can just keep going and going, most of the time completely mindlessly too.

More of a thought, feeling, idea that you can't get out of your head and have to fulfil.

Identifying if you're physically hungry or emotionally is so important so that you can then take the next steps to finding better ways to feeding your feelings.



IMPORTANT QUESTIONS TO START ASKING

When you feel 'hungry' and want to decipher if it's physical or emotional here are some questions you can use:

Is this physical or emotional?

(yep just ask the questions and trust the answer you get)

Did it hit out of nowhere?

(yes - it's emotional, no it's been building with tummy rumbles, it's physical)

Does it feel desperate, I 'need' something right now?

(Yes, it's emotional)

Would I be happy with something healthy or I want something sweet, carby and comforting?

(Want something comforting, it's emotional)

Once you've discovered it's emotional:

What triggered me?

Pay some attention to what you were thinking and feeling before, you'll find there will be something that triggered it. It could be the situation you're in, past memories, something someone said. When you consistently pay attention to this you'll start to notice a pattern and find the things that regularly trigger you.

What am I feeling?

Pay attention to what you're feeling in the moment and what you're trying to get from the food.

How could I feed my feelings in another way?

What else could you do in this moment instead of eat? What do you really need?

TIME TO USE SOME TOOLS.

Learning to manage your emotional state and shift the feelings and thoughts that are driving the desire to eat is the solution to emotional eating.

You are learning lots of tools here. Use them, try them out, break the pattern, shift the feeling and you'll change the outcome. Head to the state change tab on the membership site, use the tools tab, use the meditations. Try out the tools and find what you like and what works well for you. Start building them in as a regular practice.



IDENTIFY HOW YOU FEEL

Close your eyes and think about the two types of hunger and answer the following questions for both. Write them in the columns. Do one at a time.

QUESTIONS

Where do you feel it in your body?

How does it feel?

What type of food you want to eat?

How do you feel once you've eaten?

What satisfies it?

What happens after you've eaten? How do you feel physically and emotionally?

PHYSICAL HUNGER

EMOTIONAL HUNGER



What could you start doing instead? What would be better ways to feed your feelings and manage your emotions? List out some ideas below.

What tools from the membership site would you like to put into practice and use to break the emotional habit to use food?

Learning to decipher the difference between physical and emotional hunger is SO important so you can make a conscious decision of what to do next.

Once you know it's emotional then it's time to put the tools into practice. Try one of the following...

A meditation - the emotional release ones will be really beneficial such as The Emotional acknowledgement and release audio

Tapping - use this to drastically change your state.

State change tools - (PBT (Posture Breath Thoughts), Movement, Butterfly tapping - all found on the state change tab.

Inner child work - Part process - work with your inner child and heal the part of you wanting food.

Try them out and see what works for you to help change how you're feeling so you can change the behaviour. There's a new tool in this module too, called Dim The Desire.