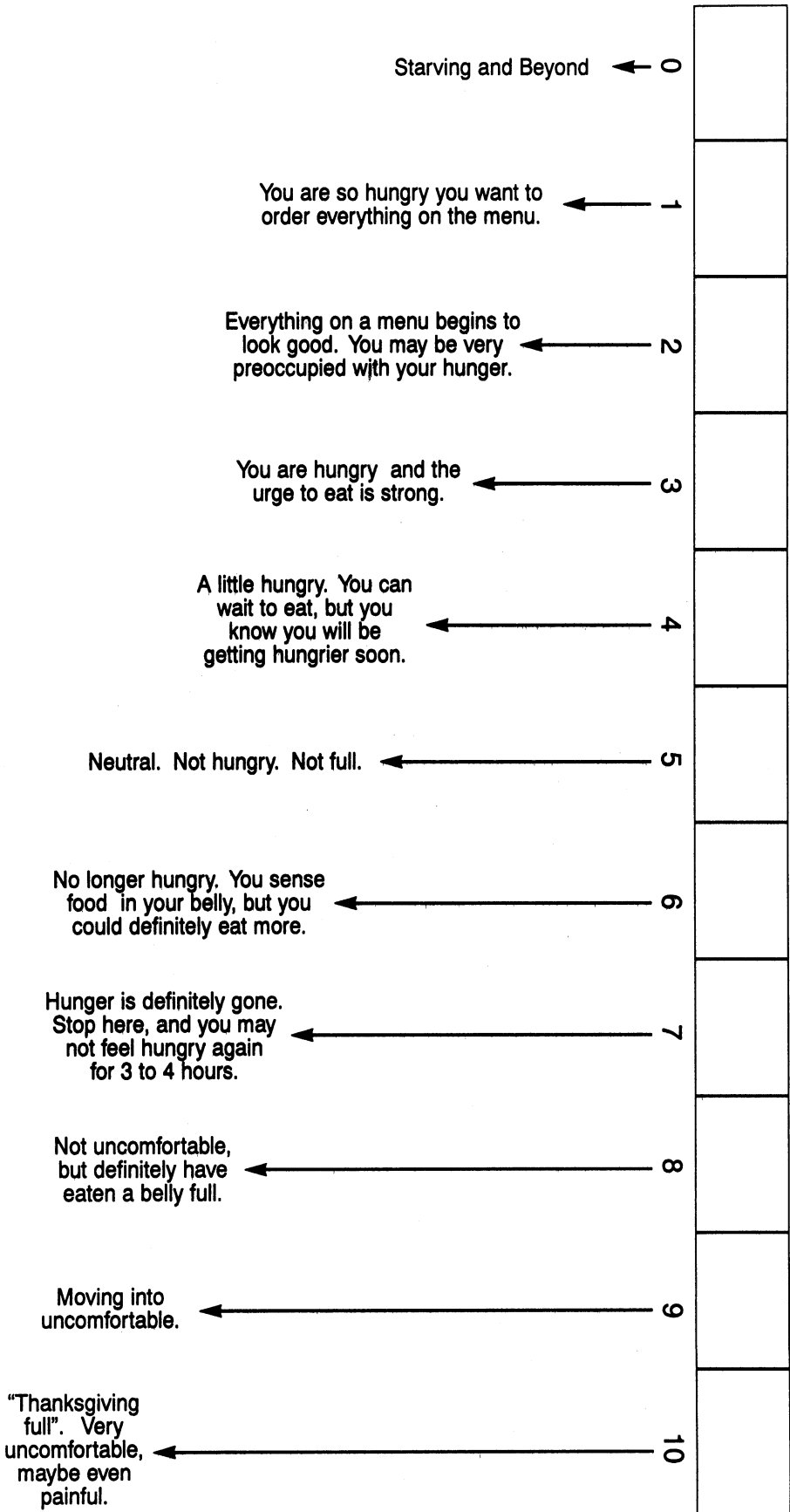


# BASIC HUNGER/SATIETY SCALE



This is a rough guideline to introduce you to the Hunger/Satiety Scale. Use these descriptions loosely, hunger and satiety are very subjective experiences. Refine these descriptions by discussing them with your counselor.

To use this scale, rate your hunger level before you eat and again when you are finished eating. It could look like a graph\*. If you do this each time you eat, you will become more familiar with your eating patterns, especially if you discuss it with another person. Move away from

using your head to decide your eating patterns and towards listening to your body.

\* Example

The graphs represent:

1										
2										
3										
4										
5										
6										
7										
8										
9										
10										

A meal where you eat from a 3 to a 7.

A meal where you began eating when you were not hungry, eating from a 6 to 8.

Eating from a 2 to 9, from very hungry to uncomfortably full.