

# MY HUNGER/SATIETY SCALE

0	1	2	3	4	5	6	7	8	9	10
↑	↑	↑	↑	↑	↑	↑	↑	↑	↑	↑

At the end of each arrow, write a brief description of what it feels like for you to be at that hunger level, or satiety level. For instance, at a "3" you may write "I feel very hungry and know if I wait much longer to eat, there is a good chance I will end up overeating. I start feeling irritable". There are no right or wrong answers and each person experiences this scale differently. It is important for you to identify your own experience. Review this with your counselor.

*NourishingConnections*

For copies, visit [www.NourishingConnections.com](http://www.NourishingConnections.com)

Copyright © 1996 Karin Kratina