

# Three *Mindful Eating* Questions

*To keep you on track*

Sometimes temptation to eat seems irresistible. When you are struggling, try asking these three questions in sequence. Answer honestly, without judgement and accept. This will give you a mindful pause that will help you to respond rather than react:



- 1. On a scale of 0 to 10, *how hungry am I right now?***
- 2. On a scale of 0 to 10, *how much do I want to eat this food right now***
- 3. On a scale of 0 to 10, *how am I likely to feel about having the food afterwards?***

(0 is lowest score, 10 is highest score)