

# Be True To Your Self

## Intuitive Eating #1: The Three Reasons WHY We Eat



The reasons why we eat can be categorized into three main areas. Let's explore each:

1. HUNGER – this is your body's PHYSICAL NEED for food (to satisfy energy requirements, support nutritional needs, sustain the body's life). What are ways you recognize hunger in your body?

An **INSATIABLE HUNGER** (need for large amounts of food, or a need to eat very often) can be triggered after periods of fasting, extreme dieting, or **ANOREXIA**. Has this happened to you? Describe the details::

2. APPETITE – this is a PHYSICAL DESIRE for food, based on TASTE or SENSES (smell of food, seeing an advertisement for food, etc). Describe your appetite for food, and how this differs from hunger:

An **INSATIABLE APPETITE** (desire for large amounts of food, or to eat very often) can occur in response to eating specific foods, sometimes called “trigger foods.” The theory is that the “pleasure center” of the brain is stimulated by these “trigger foods,” similar to what occurs in people with alcohol/drug addiction. Hence, the term **FOOD ADDICTION** is often used to describe this extreme craving. Do you seem to have some “trigger foods”? List them here, and what typically happens when you eat these:

3. COMFORT – this is an EMOTIONAL DESIRE for food, based on MOOD (depression, anxiety, etc). Eating creates various biochemical changes in the body, which can have an effect on emotions. Do you have “comfort foods,” which you occasionally eat as a means of self-soothing? Describe:

An **INSATIABLE COMFORT CRAVING** (desire for large amounts of food, or to eat very often) can occur when the food-mood behavior is used as a means of **COPING** with emotions on a regular basis, especially as a means of coping with past traumas. This type of behavior is linked to **BINGE EATING DISORDER** and **BULIMIA**. Do you use food as a means of coping? How often? What are your emotional triggers?