

MINDFULNESS OF THE BODY SCALE

10	I am completely dissociated and disconnected from what is going on inside my body. I don't feel anything. Or, I seem numb or empty. I don't really taste what I eat. I have no idea if I am hungry (or full).
9	I have trouble distinguishing if I am currently hungry or not. I don't trust my body right now to tell me what it needs. I have ignored its signals for so long that I don't know how to appropriately respond to the feeling of physical hunger.
8	I am unsure of what my body is telling me. It feels as if my body and mind send me mixed signals. I can sometimes tell when I need to eat or if I am too tired. I am not too focused on my health or how well my body works.
7	I am out of touch with my body. I only pay attention to certain parts of my body. I often feel as if I sometimes overeat or undereat.
6	I am a little disconnected from my body. For example, I don't always hear my body's cues, like a rumbling stomach, or notice if I feel full.
5	I sometimes hear what my body is saying and respond appropriately to it. If I'm tired, I sleep. If I'm full, I stop. But I'm not doing this consistently, only about 50 percent of the time.
4	I do try to listen to what my body needs and take care of it.
3	I am paying attention to my body's cues. I know when my body should be hungry. I notice as my stomach is filling. I use my body to help me relax. I calm my body through breathing exercises.
2	I am very focused on my body's signals. I check in with my body and assess how it is doing. I know what it needs. I am concerned about how my body works and generally how healthy my body is.
1	I am completely in touch with my body. I hear my stomach rumbling. Changes in my energy level are obvious to me. I notice the posture of my body as it moves. When I pick up a fork, I pay attention to my hand moving. I know my body well enough to be able to gauge just the right portion sizes for me.

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