

TEDIOUS POWERFUL

WORKSHEET PART TWO

After you have completed the worksheet, answer the following questions:

Did you overeat more when you were below -2 on the hunger scale?

Yes No

Were you able to get more satisfied when you paid more attention to each bite?

Yes No

How did your feelings affect the quantity of food you ate?

Were your before and after feelings the same or different?

Did you ever stop at bite 1 because you realized it was not something you wanted to eat?

