



# NO MORE FOOD SHAME: BREAK FREE FROM EMOTIONAL EATING AFTER 50

## MODULE 1 AWARENESS OF HUNGER

*GRAB A NOTEPAD  
TO USE ALONGSIDE THIS WORKSHEET*

### Emotional vs Physical Hunger

#### **Emotional Hunger**

Comes on suddenly

Craves specific  
comfort foods

Feels urgent  
("must eat now")

Comes from emotions,  
not the stomach

Leads to guilt  
afterwards

#### **Physical Hunger**


Builds up slowly

Open to various food  
options

Can wait a bit  
if needed

Comes from an empty  
stomach

Feels satisfying and  
guilt-free

 **Reflection:** "Looking back at my last craving, was it emotional or physical hunger?"



*“AWARENESS IS THE FIRST STEP TO FREEDOM.”  
– BIRGIT, YOUR SENIOR JOURNEY –*

## PAUSE HACK

### **Next time you crave a snack:**

1. Pause for 10 minutes.
2. Drink a glass of water.
3. Take 3 slow, deep breaths.
4. Write down what you felt before and after.

*GENTLE REMINDER: EVERY PAUSE BUILDS AWARENESS.  
EVERY AWARENESS BUILDS STRENGTH.*

## SPOT YOUR TRIGGERS

### **Prompts to complete:**

- What was happening before I reached for food?
- What emotion felt strongest?
- How did I feel while eating?
- How did I feel afterwards?
- What have I learned about my emotional triggers this week?

*“EVERY SMALL PAUSE, EVERY MINDFUL CHOICE, IS PROGRESS.  
YOU’RE NOT CHASING PERFECTION – YOU’RE BUILDING  
AWARENESS, ONE GENTLE STEP AT A TIME.”*