

MIND • BODY • FOOD

NOTICE THE PATTERN

When Do I Forget to Eat

Identify the situations in which meals or snacks disappear from awareness

Forgetting to eat can relate to busyness, hyperfocus, stress, distraction, fatigue, subtle hunger cues or being away from a familiar routine. Recognising the circumstances can show where practical support may help.

Space to Breathe Therapy

Why noticing patterns can help

Forgetting to eat can relate to busyness, hyperfocus, stress, distraction, fatigue, subtle hunger cues or being away from a familiar routine. Recognising the circumstances can show where practical support may help.

What this exercise can offer

- A record made close to the moment, rather than relying on memory alone.
- A way to notice repetition, variation and exceptions across several days.
- Useful information for choosing practical support or discussing concerns with a professional.

Observe without judging

The tracker is not a test and does not need perfect numbers. Approximate ratings and short notes are enough. Patterns are clues for reflection, not proof of cause.

How to use this tracker

- 1 Make a note after an occasion when food disappeared from your radar.
- 2 Describe the situation without blaming yourself.
- 3 Identify which barrier had the greatest effect.
- 4 Choose one support for a similar situation next time.

When you look back

Ask what tends to happen together, what is different on easier days, and where a small adjustment or extra support might help. Keep alternative explanations in mind and avoid changing several things at once if you want to understand a pattern.

Your pattern tracker

What I was doing

Busy hyperfocused stressed or distracted

Did I notice hunger

Energy level

Access to food

What eventually reminded me

Important context

Forgetting is information about support needs, not evidence that you do not care for yourself.