

MIND • BODY • FOOD

BODY CHECK-IN

Am I Comfortably Full?

Notice fullness, satisfaction and comfort during or after eating

Fullness is not always a single clear signal. It may show up through stomach sensations, reduced hunger, fading interest in food or a sense of satisfaction.

Space to Breathe Therapy

Understanding this check-in

Fullness is not always a single clear signal. It may show up through stomach sensations, reduced hunger, fading interest in food or a sense of satisfaction.

What may be happening

- Fullness can be subtle, gradual and different across meals.
- Comfort, satisfaction and interest in food may offer additional clues.
- There is no number you are expected to reach.

A low-pressure approach

Pause without trying too hard. Notice what is present, choose “unsure” whenever that fits, and let the answer be information rather than a judgement. You can stop or adapt the exercise at any time.

Try this

A short body check-in

- 1 Pause during or after eating when it feels natural.
- 2 Notice your stomach, hunger, interest in food and satisfaction.
- 3 Ask whether more food would feel comfortable, neutral or uncomfortable.
- 4 Choose a fullness rating from 0 to 10, or write unsure.

Notice, do not test yourself

There is no correct sensation, score or response. Your body may communicate differently at different times. Record what you notice and leave space for uncertainty.

Your Body Check-in

Stomach sensations

Has hunger reduced?

Am I still interested in food?

Do I feel satisfied?

Would more feel comfortable?

Fullness /10 or unsure

A supportive reminder

Treat fullness as information rather than a rule about stopping. Your needs, access to food and the timing of your next opportunity to eat also matter.