

Session #3 Outline

Use this template and the attached client handout to help your client HONOR his/her HUNGER and FULLNESS. Sweet!

6-Part Session Structure/Overview:

1. What's Going Well
2. Challenges and Coaching Around Obstacles
3. New Information: Honoring Hunger and Fullness
4. Experiential Exercise: Creating Your Own Intuitive Inner Scale
5. Action Steps
6. Aha's, Appreciations, and Insights

1. What's Going Well

Continue the ritual of beginning your sessions by focusing on what's going well.

2. Challenges/Coaching Around Obstacles

This is the time when you're checking in on action steps from the previous session - this is where you would find out if they followed through or not.

If they DID follow through with their action steps:

- Congratulate them and ask, "How is this different from what you have done in the past?"

If they DIDN'T follow through with their action steps:

- Find out what stopped them
- Be compassionate and curious! Sometimes learning new habits means letting something go that has been a comfort or coping mechanism.
- Coach on challenges if necessary using the following sequence.

Optional Coaching Question Sequence:

1. Gently say, "Okay, so the action steps didn't happen this week. I'm so glad you told me because it gives us a chance to course correct. Do you mind if we explore for a few minutes what needs to happen differently?"
2. "Great. Thank you. In our first session, you mentioned that making changes was important to you because (insert Big MOFA)."
3. My job is to assist you to make choices that are in alignment with what's most important to you for the next 90 days and hopefully beyond. Sometimes we want big results fast and we imagine that means pushing ourselves as far and fast as we can go. But we often set ourselves up for failure that way. It turns out the opposite is often more effective. Slow and

steady, consistent follow through is what gets results. So what is the minimum follow-through that you can pleasurablely commit to this week that would have you feel really, really good?"

4. "What needs to be in place this week to set you up for inevitable success?"
5. "What, if anything, might stop you or prevent you from following through?"
6. "I want you to practice bumping yourself to the top of the priority list for the next 7 days. What that means is that follow through is like a sacred appointment that you can't cancel. You are likely going to be tested by this with rationally important deadlines or someone needing you. As we're building healthy habits, I'm going to be asking you to do things differently than you have done in the past. We'll learn from that. If you don't like it or it's not working we'll change it. So this week YOU are at the top of the priority list. Are you willing to commit to that?"
7. Given that, what if anything might you have to let go of this week in order to manifest this result?"

3. New Information: Honoring Hunger And Fullness

COACH: "Okay, ready for something new? Today we're going to talk about what I call honoring hunger and fullness. We'll talk about what that means, why it's important and how to practice it between our sessions.

Last session we talked about WHAT to eat for your unique body - which foods give you energy and which foods take away.

But, if you want to get big results then WHAT you eat is only part of the big picture. We also have to look at HOW you eat. In other words, who are you being when you eat? Do you eat when you're not actually hungry because it's noon and you're mentally programmed that at noon it's time to eat?

Do you eat too little or too much for your body's energy needs? By the end of today's session you'll have a deeper understanding of this. So the place we're going to start is what I call *honoring hunger*.

How do we honor hunger? **Honoring hunger is about recognizing what happens internally before you get hungry.**

Instead of waiting until you're so hungry you could eat a horse, you tune in to the internal signal that the body needs nourishment. It's kind of like the gas tank on your car. There's a buffer zone when you get in the red. When the gas light first appears, depending on your car you may have 20-30 miles to go before you actually run out of gas and come to a halt.

We don't want to wait until we run out of gas to eat. Why? Because that's when the crazy unleashes. Notice what happens when you are super hungry. Do your eyes glaze over and slump in your chair unable to do anything? Do you become an unreasonable bitch? Who do you take it out on? Do you end up eating things that

you wouldn't normally choose to eat simply because it's within reach and you feel desperate?

If you let yourself get too hungry, it's almost impossible to think clearly or make good decisions for ourselves. The need to feel physically full becomes so irresistible you'll eat almost anything – 5 pieces of toast, a candy bar, a whole pint of ice cream, cocoa powder with a spoon, tomato sauce and breadsticks.

And even after you eat all that, you may still feel unsatisfied because it wasn't a real meal. The body's appetite mechanism is still searching for the meal, and it won't shut down until you've had what feels like a meal.

So the first step is to recognize the hunger. What lets you know that you will soon be hungry? What are the signs?

(TRANSFORMATIONAL COACHING TIP: If the client has trouble articulating the signs, simply ask her to "teach" you how she knows to be hungry. Say, "If I had to replace you for a day and feed myself, how would you teach me to get hungry at the right time? What would I see or hear or feel to cue me to get hungry?"

Were they bored, angry, frustrated, stressed or depressed? How much food do they currently need? A simple snack or a hearty meal?

We want to get to the underlying "trigger" or "cue" for hunger. What lets them know to be hungry?)

4. Experiential Exercise Related To Content: Create Your Own Hunger/ Fullness Scale

COACH: Now we're going to create your own hunger scale from 1-10. 2 is when the gas light would come on. It's the indicator that it's time to plan for nourishment. 10 would be psycho bitch hungry. We don't want to let it get past a 5 or there's a good chance you'll be setting yourself up for poor food decisions or a binge.

Start to plan for food when you are at a 1-2. Make sense?

Great. Now let's talk about honoring fullness. We can also create a fullness scale from 1-10. 10 is so stuffed that you need to unbutton your pants to breathe. What we're looking for is a 7 on the fullness scale. 7 is where you are nourished and energized from food, satiated not stuffed. It means eating to about 75% fullness.

5. Action Steps

COACH: "I want to give you some practices for creating new habits around honoring hunger and fullness.

Intellectually the hunger and fullness scale seems very simple. Start planning to eat when you are at a level 2 on the hunger scale and stop eating when you are at a level 7. Seems simple enough, doesn't it?

Here's the problem – most of us have habits of eating beyond fullness. Like when you go out for Chinese food and there's so much food, it's just sitting there in front of you

and it tastes so good so you pick off one more piece from the serving dish... then you are engaged in conversation and you mindlessly pick another piece, before you know it your belly hurts and you're wishing you didn't overeat.

Does that sound familiar?

So let's talk about creating some new habits especially around fullness because that's where most people get tripped up.

Here are 6 ways you can practice honoring your inner intuitive hunger and fullness scale:

1. Start planning what and when to eat when you are at a level 2 on the hunger/fullness scale.
2. Eat high-energy foods that your body wants.
3. Eat for energy (aim for Level 7 on your inner intuitive scale, versus a Level 10 when you're so full you have to unzip your pants ;-)
4. Make a physical gesture that your meal is complete by pushing your plate away, putting a napkin over it, or crossing your silverware.
5. Declare out loud to yourself or whomever you are eating with that you are full. This will dissuade you from continuing to eat because you've already announced that the meal was complete for you.
6. If you're out, ask your server to box up the rest of the meal so it's not calling you hither.

To wrap up, here are your action steps:

1. Remind them of any follow-up from last session. If they had challenges implementing, hopefully you addressed those in the beginning of this session. So remind them how to set up the conditions for success so that follow-through happens. You'll see this on the client action guide we created for session 3.

As you're wrapping up the session, you can have your client fill in the reminder, and the reminder says:

“Set up the conditions for success in my life so that follow-through happens.”

The reason we have these little fill in the blank things is because it actually helps you seal it in when you write it down.

2. Review and practice the honoring hunger and fullness habits. Notice which ones are most effective.

6. Aha's, Appreciations, Insights About This Session

Remind the client that session #4 is next week.