



Fear of Fullness Attunement Worksheet

Some people equate the physical feeling of fullness as abnormal, and use it as (false) evidence of being fat. Choose a few meals over the week to rate. Rate your fullness every 30 minutes for a 2 to 2 ½ hour period. What do you expect to happen? Will fullness dissipate over time? What did you actually experience?

Meal (date, time, food, approximate amount)	Duration after Meal (minutes)	Rate Fullness (0-10)
	30 minutes 60 minutes 90 minutes 120 minutes 150 minutes	0 1 2 3 4 5 6 7 8 9 10 0 1 2 3 4 5 6 7 8 9 10 0 1 2 3 4 5 6 7 8 9 10 0 1 2 3 4 5 6 7 8 9 10 0 1 2 3 4 5 6 7 8 9 10
	30 minutes 60 minutes 90 minutes 120 minutes 150 minutes	0 1 2 3 4 5 6 7 8 9 10 0 1 2 3 4 5 6 7 8 9 10 0 1 2 3 4 5 6 7 8 9 10 0 1 2 3 4 5 6 7 8 9 10 0 1 2 3 4 5 6 7 8 9 10
	30 minutes 60 minutes 90 minutes 120 minutes 150 minutes	0 1 2 3 4 5 6 7 8 9 10 0 1 2 3 4 5 6 7 8 9 10 0 1 2 3 4 5 6 7 8 9 10 0 1 2 3 4 5 6 7 8 9 10 0 1 2 3 4 5 6 7 8 9 10
	30 minutes 60 minutes 90 minutes 120 minutes 150 minutes	0 1 2 3 4 5 6 7 8 9 10 0 1 2 3 4 5 6 7 8 9 10 0 1 2 3 4 5 6 7 8 9 10 0 1 2 3 4 5 6 7 8 9 10 0 1 2 3 4 5 6 7 8 9 10