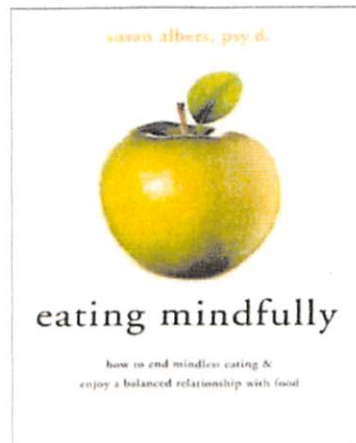


# Welcome to the Mindfulness Scales

**These scales coincide with information in:**



**These scales were created to help you learn how to be more mindful of the**

**Body, Mind, Thoughts & Feelings-  
Four Essential Parts of Eating Mindfully**

**By: Susan Albers PsyD**

## Mindfulness of the Body Scale

- 10 Overfed. Body can hardly move, swollen, nauseous, desire to vomit.
- 9 As if I just ate a large Thanksgiving/holiday meal, gored, heavy, sleepy. Need to loosen belt.
- 8 Clearly ate too much. "Stuffed." Stomach crammed with food, zipper is tight.
- 7 Very full. Stomach feels filled, body and clothing are a little uncomfortable.
- 6 Pretty full. Not much room left in stomach. Could eat a few more bites.
- 5 Comfortably satisfied. Satiated. Stomach is appropriately extended. Could turn down more food. Energy level is adequate for movement and posture.
- 4 Mild Appetite. Body is altering you of hunger. Stomach not quite full or satisfied, a snack or a few bites are in need.
- 3 Moderately hungry, stomach making noises, empty feeling in belly, room for a complete meal. A little sluggish.
- 2 Very hungry. Low energy. A little irritable. Beginning to crave particular foods.
- 1 Famished. Fatigue, Very low energy. Headache. Very irritable.
- 0 Fasting. "Starving." Tired. Hollow stomach. Dizzy, Weak. Can hardly move.

# Mindfulness of Thoughts Scale

- 10** 100% of my thoughts are about food/body/eating. Clinging and reacting to thoughts and urges. Obsessing. Dreaming about food/different body. Craving. Planning. Very difficult to “let go” of thoughts.
- 9** Almost all of my thoughts are about food and my body. Little room in head for anything else. Difficult to concentrate, read or study. Reacting to beliefs and automatic thoughts.
- 8** Most of my thoughts are about food and my body. Behavior strongly influenced by beliefs and food myths.
- 7** Some thoughts are about food and my body. Automatically following shoulds and shouldn'ts without reflecting on them.
- 6** A little more than half of my thoughts are about food. Sometimes notice when critical of self.
- 5** About half of my thoughts are about food. Sometimes too busy to check in with hunger and hunger cues. “Forget” to eat despite hunger or need to eat.
- 4** Check in once and awhile with thoughts. Mostly able to observe thoughts. Pondering what I would like to eat when necessary.
- 3** Carefully observant of thoughts. When I have black and white thinking, I can consider the “grey” area.
- 2** Very able to step aside from thoughts. Watching them like a stream in my head. Allowing thoughts to float by without getting caught in them.
- 1** Easily and effortlessly “let go” of thoughts about food and body. Can watch thoughts without getting caught up in them. Checking in occasionally with what's on my mind. Considering food options. Food is of some importance but not top priority. I can be mindful and concentrate on the task at hand without food dominating my thoughts. If you are consumed by thinking about food, it's difficult to be mindful of work and relationships. However, if you give it no thought at all, you are likely to miss important cues your body gives you about what and how to eat. Aim for a middle ground. Let food be part of your thoughts, but not dominate them. Notice how much you think about food and how the amount shifts throughout the day. “Let go” of troubling thoughts, beliefs and memories.

## Mindfulness of Mind Scale

- 10 Mindlessly unaware eating. Zoned out, multitasking while you eat. Not aware of portion sizes (eating directly out of the bag, standing in front of the refrigerator picking at food, handfuls of popcorn, grazing on food, picking at bread basket).
- 9 Taking big bites, eating very rapidly, finish everything on your plate despite fullness. Scattered thoughts. Eating while studying, reading, watching TV or driving. Unaware.
- 8 Very inattentive to each bite. Just eating without checking in with self.
- 7 Moderately unaware of the process of eating. Eating with little awareness.
- 6 Occasionally noticing taste, texture and smell. Fleeting acknowledgement of sensations. Beginning to check in with self and observe.
- 5 Aware of portion size. Momentary acknowledgement of taste and attention to food and body cues. Watching.
- 4 Briefly noticing taste and food sensations. Stop to place attention and redirection attention when it wanders.
- 3 Moderately in-the-moment and attentive to eating process.
- 2 Very alert. Diligently noticing spices and temperature. Almost all attention is directed to eating. Very watchful. In touch with the process of eating.
- 1 Mindfully Aware Eating. Completely in-the-moment. Aware of every bite. Tasting each grain of salt and smoothness of yogurt. Notice lifting the fork. Listening to the sound of chewing. Following food sensations as it travels down your throat. Eating bite by bite.

## Mindfulness of Feelings Scale

- 10 Discussed, depressed, ashamed, anxious. Desire to punish self for “bad” behavior. Feel undeserving. Running from feelings. Continually wishing bad feelings would go away. Notice yourself wanting to avoid. Overwhelmed by any feeling.
- 9 Very unpleasant emotions. Awful. Guilty. Mostly consumed by negative feelings.
- 8 Pretty uncomfortable. Fairly critical. Somewhat guilty. A nagging feeling that maybe I shouldn’t eat that. Very distasteful emotions emerging that are difficult to “let go.”
- 7 Slight concern. A little regretful. Some distress and uneasiness.
- 6 A dab of discomfort. Negative emotions are fleeting.
- 5 Neutral feelings. Not positive or negative. Often we experience neutral feelings when eating fruits or vegetables. When mindful, we strive to maintain a sense of neutrality. The Switzerland-like feelings help us stay mindful and not react or eat based on feelings (i.e. avoiding foods that induce guilty or crave comfort foods and snacks that cause a temporary high). Food just is what it is. It isn’t good or bad. Being observant and aware of feelings is critical to eat mindfully. Be watchful of your emotions and their impact on eating/not eating.
- 4 Mildly positive emotions. Pretty good. Content.
- 3 Pleased. Happy. Relaxed. As if you had a small treat.
- 2 Extreme pleasure. Joyful, excited, blissful.
- 1 On a “high.” Cloud nine. Ecstatic. Clinging to positive feelings. Don’t want good feelings to end.