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Answers

Your Question: Why am I always hungry?

Answers: [1. Hunger and Other Sensations; Link List](#)

List to links to web pages describing different feelings and sensations and how to deal with them.

[2. To be Satisfied when You Have Eaten Enough](#)

Why are other people satisfied, when they have eaten enough, but not me?

[3. Factors Initiating Eating Disorders, Causes of Eating Disorders](#)

Why and how, in which situations, does an eating disorder start?

[4. The Causes of Eating Disorders; links](#)

an inventory of causes of eating disorders.

[5. Eating Disorders Originating Factors](#)

How and why an eating disorder starts.

[6. Eating Disorders; Main Link List](#)

Directory of hundreds of answers to questions about eating disorders and obesity.

[7. Bulimia Nervosa ; Link List](#)

List of links to answers about bulimia nervosa.

[8. Eating when I am not hungry](#)

Why do I eat although I don't feel hungry?

[9. Confusing other Real Feelings with Hunger or Craving](#)

high other real feelings can be confused with craving?

[10. Bulimia Nervosa Diagnosis Symptoms Signs Treatment ; Link List](#)

List of links to answers about bulimia nervosa.

[11. Start of Compulsive Eating Attacks](#)

Describes the conditions in which a compulsive eating attack starts.

[12. Eating Disorders and Other Feelings](#)

How do eating disorders function?

[13. Learning to recognize the real feelings behind an improper craving?](#)

How do you learn to recognize your real feelings?

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Hunger and Other Sensations; Link List

[Link](#) [Discuss](#)
[Ask an Expert](#) [Print](#)

Written by: Jacob Palme

First version: 02 Nov 2003. Latest revision: 02 Nov 2003.

To Experience Hunger and Satisfaction

[Introduction](#) • [True and false hunger](#) • [Eating though you are not hungry](#) • [Self-learning to identify feelings](#) • [Is hunger inborn?](#) • [Hunger is both inborn and learned](#) • [Listen to your emotions instead of eating](#) • [Anorexia maintaining factors](#) • [How eating disordered people experience hunger](#) • [Similarities to drug addicts](#) • [To lie about your eating disorder](#) • [Self hatred](#) • [Getting satisfied when you have eaten enough](#)

To Experience other feelings

[Confusing other real feelings with hunger](#) • [Eating when you are tired](#) • [Buying things you do not need](#) • [Loneliness](#) • [Crisis of life](#) • [Feelings of guilt and shame](#) • [Affect, crying, weeping, quarelling, etc.](#) • [Anger management](#) • [Ways to avoid understanding oneself](#)

To Believe That You Are Too Fat

You can be thin and still feel fat!

At work

[Nasty customers](#) • [To change your employment](#) • [I feel uncomfortable at work](#) • [To Be jealous of your husband's partner](#)

More links about anorexia, bulimia and obesity

Eating Disorders Home Page

All Web4Health menus

[Sources, references](#)**Id:** ed-psy-feelings-menu**Required:** feel* Ssensation Shungrysatisfied sad* Sanxiety Sdepressed feel* thought* think* perceiv* experien* believ* understand* apprehend* tast* griev* pity pitie* Skill**Forbidden:****Optional:** link* overview* list* link* answer* [data ; bas*] tr* real* genuine* faq***Priority:** links [link* ; list] [list # link*] hunger* hungry***Limit:** 1

Did this answer tell you what you wanted to know?

 No opinion
 No
 Partly
 Well
 Very well

Comment (if you like):

[List of answers](#)[New question](#) [Next Answer](#)**To be Satisfied when You Have Eaten Enough**
[Link](#)
[Discuss](#)
[Ask an Expert](#)
[Print](#)

Written by: [Gunborg Palme](#), certified psychologist and certified psychotherapist, teacher and tutor in psychotherapy.

First version: 28 Oct 2003. Latest revision: 28 Oct 2003.

Question(s):

Why are other people satisfied, when they have eaten enough, but not me?

Answer:

For people without eating disorders and who have a well working hunger and satisfaction capability, the intake of nourishment is perfectly regulated so that they will be satisfied at the right time. When they have eaten enough, eating more does not feel desirable, they feel happy and satisfied.

Satisfaction is a sensation which the brain creates by combining different signals, like signals about the blood sugar level, signals about how much food is in the stomach, knowledge about what they have eaten and what they need, etc. There is, for example, enterostatin, a peptide created by the enzyme procolipas and which is produced when fat is separated in the intestines. This peptide sends signals to receptors saying "this is enough". The opiate system which controls feelings of wellbeing is restrained so that the reward centers in the brain are not any more stimulated.

For normal people, the brain combines all these factors to conclude that they are not hungry any more. For a person with eating disorders, this function either does not work at all, or works only partially. Some often have a correct feeling of satisfactions, but ignore it.

Here are some reasons why some people do not feel satisfied when other people are:

- A person who has recently been on a diet, or who has eaten and vomited, may get signals from the body saying: "Help, this is a famine, it is best to eat while there is food. You never know when you can get food again."
- Food, which people ate in former times like root vegetables, porridge, meat, fish, etc. gives more feeling of satisfaction than food which people eat today like biscuits, chips, soft drinks, candy, white bread, sugar, etc.
- People who eat rapidly will take in much more food, before they are satisfied, than

people who eat slowly, one piece at the time, put down their fork and knife between each bite and chew thoroughly.

- Food reduces anxiety. A person who is agitated and nervous may want to reduce the anxiety with food, and this wish may be larger than their capacity of recognizing satisfaction.
- Many people with eating disorders are not conscious of their hunger and satisfaction sensations. They cannot react to a sensation which they are not conscious of. The offers of the table will win.

Such people cannot separate hunger and other disagreeable feelings like anger, fear, tiredness or aversion. All of these feelings will to them be experienced as hunger. People who cannot distinguish different sensations may get eating disorders.

[More about eating disorders.](#)

[Sources, references](#)

Id: ed-psy-satisfied

Required: \$hungry\$ satisfied [stop* # Seat] / satisfied* content* confident* sure happy* happy* pleased* joy* elat* delighted* agreeabl* acceptab* super* fine [feel* ; well good [all ; right]] ; Seat

Forbidden: Skill \$addiction \$sex

Optional: Seat enough sufficient* satisfacto* adequat* plenty* ampl* quit* full* \$hungry\$ satisfied

Priority: always [all ; the ; time] constant* incessant* continu* perpetual* unceasing* evermore

intermina* eternal* endless* ceaseless* forever

Limit: 1

Did this answer tell you what you wanted to know?

No opinion No Partly Well Very well

Comment (if you like):

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[New question](#) [Next Answer](#)

Factors Initiating Eating Disorders, Causes of Eating Disorders

[Link](#) [Discuss](#)
[Ask an Expert](#) [Print](#)

Written by: Fabio Piccini, doctor and Jungian psychotherapist, in charge of the "Centre for Eating Disorders Therapy" at "Malatesta Novello" nursing home in Cesena. Works privately in Rimini and Chiavari. E-mail: piccini@anoressia-bulimia.it

First version: 23 Dec 2002. Latest revision: 05 Jul 2003.

Question(s):

Why and how, in which situations, does an eating disorder start? What are the causes which start an eating disorder?

Answer:

There is a large specialist bibliography on family predisposing factors for eating disorders. Indeed, for many years eating disorders have been considered by many researchers as a pathology that begins in the family unit.

Nowadays many of the same doctors that were pioneers of this approach have become more prudent in holding the family responsible. It has been demonstrated that eating disorders are pathologies with multiple causalities and that in the families of many eating disorder patients some specific elements can be found:

- variable levels of communication difficulties among the members
- incapacity, more or less serious, to recognize emotions

- serious worrying about weight and body image by some members of the family (besides the patients)

Among close relatives of eating disorder patients, we have found a high incidence of affective disorders, alcoholism, eating disorders.

Generally we can say that a family predisposes a person to suffer from emotional disorders and eating disorders if it cannot pass on a true self-feeling that includes:

- a clear and realistic body image
- an awareness of his/her mental functioning
- clearness of limits between him/her and the world
- effective adjustment strategies to control his/her impulses, feelings and desires
- a reasonable self-esteem feeling
- a good sense of personal identity
- an interior coherence and feeling of individuality.

A person who does not have these resources will find it difficult to develop his/her talents appropriately, and he/she cannot develop his/her individuality and sense of values. This means that he/she will be predisposed, at different levels, to suffer from some problems, eating disorders among them. Thus, lack of certain capabilities are causes of eating disorders.

[Handling family diet requirements.](#)
[Family members of people with eating disorders.](#)
[More about causes of eating disorders.](#)

[Sources, references](#)

Id: ed-causes-initiators

Required: [caus* reason* explanat* basis* origin* motiv* root* why* initiat* predispos* ignit* begin* begun* activat* develop* commenc* start* origin* # Seatingdisorder \$bulimia \$anorexia \$obesity [Seat # much]] / Seatingdisorder ; psych* cause* start* begin* aris* aros* origin* [come came # exist*] spring* ensue* [break* broke* ; out] sourc* root* genes* commenc* germin* launch* embark* open* appear* develop* sprout*

Forbidden: [caused ; by : a an ; Seatingdisorder] [not ; understand* realize* agree* recogni* # Seatingdisorder \$addiction] period* menstru* curse*

Optional: factor* condition* aspect* state* statu* background* health* shap* situat* precondit* require* provision* circumstan* problem* syndrom*

Priority: start* predispos* initiat* psych*

Limit: 1

Did this answer tell you what you wanted to know?

No opinion No Partly Well Very well

Comment (if you like):

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[New question](#) [Next Answer](#)

The Causes of Eating Disorders; links

[Link](#) [Discuss](#)
[Ask an Expert](#) [Print](#)

First version: 02 Nov 2003. Latest revision: 02 Nov 2003.

Overview of Causes of Eating Disorders

[Overview of causes of eating disorders](#) • [Eating more?](#) • [Predisposing factors](#) • [Initiating factors](#) • [How eating disorders start](#) • [How does an eating disorder start?](#) • [Learning](#) • [Dieting/slimming](#) • [Genetic factors](#) • [Lack of self-esteem](#) • [Personality](#) • [Childhood trauma](#) • [Addiction](#) • [The vicious circle of bulimia](#) • [Feeling tired](#) • [Family causes](#)

The minds of People with Eating Disorders

[Dysfunctional thoughts](#) • [What keeps eating disorders going?](#) • [ADHD](#)

Children and Their Upbringing

[Forcing children to eat](#) • [Parent's influence](#) • [Sexual abuse ...](#)

[Unnatural Ideals as Causes of Eating Disorders](#)

[Cultural causes of eating disorders](#) • [How advertisements cause eating disorders](#) • [More...](#)

Environment

[Fast food](#) • [Unnatural ideals of beauty](#) • [Harassing comments](#)

[Sources, references](#)

Id: ed-causes-links

Required: [caus* reason* explanat* basis* origin* motiv* root* why # Seatingdisorder Sbulimia Sanorexia Sobesity [Seat # much]] / caus* ; [mental ; disorder* illness*]

Forbidden: [caused ; by : a an ; Seatingdisorder]

Optional: overview* answer* data base* page* Seat faq*

Priority: links [link* ; list] [list # link*]

Limit: 1

Did this answer tell you what you wanted to know?

No opinion No Partly Well Very well

Comment (if you like):

 [List of answers](#)

 [New question](#) [Next Answer](#) 

Eating Disorders Originating Factors

 [Link](#)  [Discuss](#)
 [Ask an Expert](#)  [Print](#)

Written by:

1. Fabio Piccini, doctor and Jungian psychotherapist, in charge of the "Centre for Eating Disorders Therapy" at "Malatesta Novello" nursing home in Cesena. Works privately in Rimini and Chiavari. E-mail: piccini@anoressia-bulimia.it
2. Daniela Bavestrello, psychologist and psychotherapist with psychodynamic training. Contract professor of Groups' Dynamics in the University of Bologna. Is jointly responsible for the Clinical Psychology and Psychotherapy Services at "Malatesta Novello" nursing home in Cesena. She works privately in Rimini and Chiavari. Writes for "Donna Moderna" and "Starbene" magazines. E-mail: daniela.bavestrello@iol.it

First version: 22 Sep 2002. Latest revision: 03 Aug 2003.

Factors that can initiate eating disorder development in a predisposed person are called initiating factors. They happen to a person with particular personality traits and will most probably provoke an eating disorder development.

Two important eating disorder initiating factors are:

- strict diet,
- particular difficulties of adjustment to environmental stress.

It has been known, since the '60s, that a diet that leads to a 25% initial weight decrease, can induce a physiological and behavioural change in healthy people similar to that of an eating disorder.

Another initiating factor exists when an event occurs that a person experiences as stressful and cannot immediately find a behavioural response that is adequate and dynamic, that is a reaction capable of removing the malaise caused by stress.

Stressful situations that are considered eating disorder initiating factors by patients are:

- the loss of a relative,
- the end of a love relationship,
- separation from the family, because of work or study,
- failure at school or work,
- a move,
- a disease.

These events are really part of the normal life cycle of each person, but when they happen to people with particular personality traits they can initiate obsessive behaviour with weight and fitness control.

[Causes of Eating Disorders](#)
[Maintenance of Eating Disorders](#)

[Sources, references](#)

Id: ed-causes-originators

Required: [caus* reason* explanat* basis* origin* motiv* root* why initiat* predispos* ignit* begin begun activat* develop* commenc* start* origin* # Seatingdisorder Sbulimia Sanorexia Sobesity [Seat # much]] / Seatingdisorder ; cause* start* begin* aris* aros* origin* [come came # exist*] spring* ensue* [break* broke* ; out] sourc* root* genes* commenc* germin* launch* embark* open* appear* develop* sprout*

Forbidden: [caused ; by : a an ; Seatingdisorder] [not ; understand* realize* agree* recogni* # Seatingdisorder Saddiction] period* menstru* curse*

Optional: factor* condition* aspect* state* statu* background* health* shap* situat* precondit* require* provision* circumstan* problem* syndrom*

Priority: start* predispos* initiat* origina*

Limit: 1

Did this answer tell you what you wanted to know?

No opinion No Partly Well Very well

Comment (if you like):

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[Eating Disorders; Main Link List](#)

 [Link](#)

 [Discuss](#)

 [Ask an Expert](#)

 [Print](#)

First version: 02 Nov 2003. Latest revision: 03 Nov 2003.

[Eating disorders](#)

[Overview](#) • [Similarity to drug addiction](#) • [Complications](#)

[Different Kinds of Eating Disorders](#)

[Overview](#) • [Bulimia Nervosa](#) • [Anorexia Nervosa](#) • [Binge eating](#)

[Causes](#)

[Overview](#) • [Slim ideals; Links](#) • [Initiating factors](#) • [More...](#)

[Feelings and experience, hunger](#)

[Ways to Avoid understanding oneself](#) • [True and distorted hunger](#) • [More...](#)

[How are People with Eating Disorders Different?](#)

[Healthy and unhealthy eating.](#)

[Diagnosis and Treatment](#)

[Eating disorders and normal body weight](#) • [Negative Effects of eating disorders](#) • [Your ideal weight](#) • [More ...](#)

[How Common are Eating Disorders?](#)

[Incidence of eating disorders](#) • [The frequency of eating disorders in women and men](#) • [Eating disorders today and earlier in history](#)

[Research on Eating Disorders](#)

[Research overview](#) • [Personality traits](#) • [Genetics](#) • [References](#)

[Food, Diet, Slimming, Obesity](#)

[Good slimming methods](#) • [Obesity/overweight can be caused by an eating disorder](#)

[Children and Child Care](#)

[Forcing children to eat](#) • [Children should not faste](#) • [More ...](#)

[Complications from Eating Disorders](#)

[Dental problems](#) • [Obesity](#) • [Risks with obesity](#) • [Hormonal problems](#)

[Other Web Sites](#)

[Eating Disorders Home Page](#)

[All Web4Health menus](#)

[recognition of hunger](#)
[Compulsive eating in the days before menstruation](#) • [More...](#)

[More about food, diet and slimming ...](#)

Sources, references

Id: ed-links-1
Required: Seatingdisorder Sanorexia \$bulimia / food disorder
Forbidden: risk* danger* peril*
Optional: overview* answer* data base* page* faq* nervo*
Priority: links [link* ; list] [list # link*]
Limit: 1

Did this answer tell you what you wanted to know?
 No opinion No Partly Well Very well

Comment (if you like):

[List of answers](#) [New question](#) [Next Answer](#)

Bulimia Nervosa ; Link List [Link](#) [Discuss](#)
[Ask an Expert](#) [Print](#)

Written by: Jacob Palme
 First version: 21 Jun 2003. Latest revision: 21 Jun 2003.

Bulimia Nervosa

[Overview, variants](#) • [Binge eating](#) • [Self-provoked vomiting](#) • [Examples](#)

Treatment

[Treatment overview](#) • [Psychotherapy](#) • [Clinics](#) • [Medicines](#) • [More](#)

Diagnosis

[Different kinds of eating disorders](#) • [Diagnosing eating disorders](#) • [More](#)

Side effects

[Complications](#) • [Suffering](#) • [Disappearing menstruations](#) • [Recovery/Death rates](#)

Causes

[Forcing children to eat](#) • [Slim ideals](#) • [Food addiction](#) • [Genetic factors](#) • [Anorectics may think they are fat](#) • [Anorexia can give you a feeling of satisfaction](#)

Prevention

[Prevention eating disorders](#) • [How to help children not to develop eating disorders](#)

More about eating disorders

Sources

Id: ed-other-bulimia-links
Required: \$bulimia
Forbidden:
Optional: list* dir*
Priority: link* menu*
Limit: 1

Did this answer tell you what you wanted to know?
 No opinion No Partly Well Very well

Comment (if you like):

[List of answers](#) [New question](#) [Next Answer](#)

Eating when I am not hungry [Link](#) [Discuss](#)
[Ask an Expert](#) [Print](#)

Written by: [Gunborg Palme](#), certified psychologist and certified psychotherapist, teacher and tutor in psychotherapy.
 First version: 28 Oct 2003. Latest revision: 28 Oct 2003.

Question(s):

Why do I eat although I don't feel hungry?

Answer:

You can get the best answer to your question if some time you avoid eating when you are not hungry, but want to eat all the same. You will then discover what the unpleasant feelings are which you try to avoid by eating. Those who eat despite a lack of physical hunger often do it in order to reduce anxiety or other unpleasant feelings. It is also common to eat when you are exposed to temptations by delicious food within reach.

[How can you identify the real feelings behind false hunger?](#)

[How does the brain transfer other feelings to hunger?](#)

[To distinguish between hunger and other feelings.](#)

[How is eating controlled for a person with eating disorders?](#)

[Sources, references](#)

Id: ed-psy-eat-not-hungry

Required: Seat \$hungrysatisfied ; need* Scause detect* feel* recogni* find* uncover* spot* discov* sens* smell* observ* ascertain* notic* catch* test* try* attempt* tast* sampl* experienc* nativ* innat* born*

Forbidden: \$sex

Optional:

Priority: test* try* attempt* tast* sampl* [not # hungr*]

Limit: 1

Did this answer tell you what you wanted to know?

No opinion No Partly Well Very well

Comment (if you like):

Submit Your Evaluation

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[New question](#) [Next Answer](#)

Confusing other Real Feelings with Hunger or Craving

[Link](#) [Discuss](#)
[Ask an Expert](#) [Print](#)

Written by: [Gunborg Palme](#), certified psychologist and certified psychotherapist, teacher and tutor in psychotherapy.

First version: 28 Oct 2003. Latest revision: 28 Oct 2003.

Question(s):

Which other real feelings can be confused with hunger or satisfaction or other cravings?

Answer:

Both eating, starvation and misuse of drugs can affect the neurotransmitters in the brain and thereby reduce feelings of discomfort. One then feels calmer and better.

The following are examples of unpleasant feelings which may be reduced by eating or starving:

Stress, melancholy, tiredness, depression, anxiety, guilt feelings, irritation, anger, inferiority feeling, loneliness, insecurity, shame, boredom, disgust, embarrassment, exhaustedness, jealousy, sadness, shyness, etc. More.

The abuse of food, hunger, gambling, tobacco, alcohol, and other drugs can be momentarily tempting, but in the long run it leads to a far worse life than the alternative, which is to face up to one's unpleasant feelings and get to grips with unsolved problems.

[How does one identify other real feelings which can be confused with hunger and satisfaction?](#)

[Sources, references](#)**Id:** ed-psy-feelings-list**Required:** \$hungersatisfied ; real* feel* sensat* percept* excite* marvel emotion* \$cause underlying [lie* ; behind] fundamenta* basic / [negative* ; feel*] sad lonel* angry guilty afraid stress, melancholy tired anxious irritated insecure ; Seatingdisorder \$obesity Sanorexia \$bulimia \$food**Forbidden:** \$sex**Optional:** wrong* \$goodbad mad* foolish* ridiculous* inept* impruden***Priority:****Limit:** 1

Did this answer tell you what you wanted to know?

 No opinion
 No
 Partly
 Well
 Very well

Comment (if you like):

 [List of answers](#) [New question](#) [Next Answer](#) **Bulimia Nervosa Diagnosis Symptoms Signs Treatment ; Link List**
[Link](#)
[Discuss](#)
[Ask an Expert](#)
[Print](#)

Written by: Jacob Palme

First version: 02 Nov 2003. Latest revision: 21 Nov 2003.

Bulimia Nervosa
[Overview](#) • [variants](#) • [Binge eating](#) • [Self-provoked vomiting](#) • [Examples](#)
Diagnosis, Symptoms, Signs
[Diagnosing eating disorders](#) • [Different kinds of eating disorders](#) • [Getting satisfied when you have eaten enough](#) • [More ...](#)
Causes
[Overview of causes](#) • [How bulimia starts](#) • [Forcing children to eat](#) • [Slim ideals](#) • [Food addiction](#) • [Genetic factors](#) • [Meeting people you do not want to meet](#)
Treatment
[Psychotherapy](#) • [Clinics](#) • [More](#)
Side effects
[Complications](#) • [Dental problems](#) • [Suffering](#)
Prevention
[Preventing eating disorders](#) • [How to help children not to develop eating disorders](#)
More about eating disorders**[All Web4Health menus](#)**[Sources, references](#)**Id:** ed-bulimia-menu**Required:** \$bulimia**Forbidden:****Optional:** list* dir***Priority:** link* menu***Limit:** 1

Did this answer tell you what you wanted to know?

 No opinion
 No
 Partly
 Well
 Very well

Comment (if you like):

 [List of answers](#) [New question](#) [Next Answer](#) **Start of Compulsive Eating Attacks**
[Link](#)
[Discuss](#)
[Ask an Expert](#)
[Print](#)
Written by: [Gunborg Palme](#), certified psychologist and certified psychotherapist, teacher and tutor in psychotherapy.

First version: 28 Oct 2003. Latest revision: 28 Oct 2003.

Question(s):

What causes a compulsive eating attack to begin?

Answer:

With bulimia nervosa, patients starve and perhaps vomit as well. This causes the body to demand food. It is normal to eat a lot in this situation, as is shown by both animals and healthy people. However, these patients continue to eat even when satisfied, and the overweight compulsive eater gobbles down food even if she has not been starving. Why do they do this?

[How do you learn to identify your real feelings?](#)

A simple method for getting an answer to this question is to have contact with compulsive eaters just before they begin binge eating and ask how they feel. However, binge eaters often withdraw when they feel that an attack is on the way and do not seek help. It is afterwards that they realize that they should have obtained help from a friend or therapist, in order to discuss their feelings, instead of eating compulsively. It is easier if patients are at a treatments center. People working there can then take care of the patient's feelings.

How do patients feel when they miss an attack of compulsive eating? Like an alcoholic who is not allowed to drink it all up, or a drug addict who can't obtain drugs. They feel that they must; or otherwise they must endure the unendurable. For example, if they don't get any tranquillizing food but are with a therapist, many feelings may come out: anger, disappointment, shame, guilt, hopelessness, despair, hunger and discomfort. If the therapist listens and allows patients to go through all their feelings and supports them as they proceed, they gradually learn to listen to their unpleasant feelings instead of eating compulsively. It then becomes possible to begin the work of solving their problems.

How do patients learn to recognize their real feelings? Even those who don't have a therapist can learn to manage their problems. When the urge to eat comes compulsively they can lie on a bed and, with eyes closed, concentrate on their feelings instead of eating. The alternative to compulsive eating is daring to endure their emotional life. Those with eating disorders are not clearly aware of their hunger and satisfaction feeling. They misinterpret other unpleasant feelings as a need to eat more. As the feeling of satisfaction does not automatically terminate the meal, as it does with normal eaters, they can continue to eat until their anxiety has ended. After the meal, anxiety increases again when they realize that they have acted wrongly and cheated themselves.

[More about the causes of eating disorders.](#)

[Sources, references](#)

Id: ed-causes-compulsive-eating

Required: \$bulimia \$anorexia \$obesity [eat* ; disorder] [Seat # much*] ; \$cause start* begin* commenc* launc* enter* [kick* ; off] originat* emerg* attack*

Forbidden:

Optional: Seat condit*

Priority: start* begin* commenc* launc*

Limit: 1

Did this answer tell you what you wanted to know?

No opinion No Partly Well Very well

Comment (if you like):

[List of answers](#)

[New question](#) [Next Answer](#)

Eating Disorders and Other Feelings

[Link](#) [Discuss](#)
[Ask an Expert](#) [Print](#)

Written by: [Gunborg Palme](#), certified psychologist and certified psychotherapist, teacher and tutor in

psychotherapy.

First version: 28 Oct 2003. Latest revision: 28 Oct 2003.

Question(s):

How do eating disorders function?

Answer:

Healthy people eat when they are hungry and stop when they are satisfied. Those with eating disorders do not have the same contact with their real hunger and satisfaction feelings. They eat or starve when their feelings are unbalanced. It is difficult for them to separate hunger from other unpleasant sensations. A bulimic might also eat compulsively when starved, because of previous starvation or vomiting. [More.](#)

When different feelings cannot be separated, the necessary information for managing the underlying problems properly is unobtainable. In normal people, thoughts, feelings and physical signals tell us what must be done in order to function as well as possible. Those who get the wrong information become confused and can't use their knowledge and feelings in order to manage their problems correctly.

[How do you learn to recognize your real feelings?](#)

[Sources, references](#)

Id: ed-psy-suppress-feelings

Required: Seatingdisorder \$hungry \$satisfied \$eat ; \$sensation \$depressed \$identify / \$cause ; hunger \$eat / vomit* \$spew* ; \$bad [not ; \$good]

Forbidden: child* \$skill \$period* \$menstru* \$curse* [want* # get become became ; well]

Optional: \$book

Priority: attack*

Limit: 1

Did this answer tell you what you wanted to know?

No opinion No Partly Well Very well

Comment (if you like):

[List of answers](#)

[New question](#) [Next Answer](#)

Learning to recognize the real feelings behind an improper craving?

[Link](#)

[Discuss](#)

[Ask an Expert](#)

[Print](#)

Written by: [Gunborg Palme](#), certified psychologist and certified psychotherapist, teacher and tutor in psychotherapy.

First version: 28 Oct 2003. Latest revision: 28 Oct 2003.

Question(s):

How do you learn to recognize your real feelings?

Answer:

It is probable that those with eating disorders have never had good contact with their emotions. You learn to identify feelings when very young in the interplay with others. However, if you get no help from those in your surroundings, you may grow up confused regarding your own inner world.

The psychotherapist teaches patients to begin listening introspectively and search for what they feel and want. They become increasingly sincere and true to themselves, but can also be more troublesome for those in their surroundings as they no longer try to be

accommodating.

If you do not have a therapist you can try to identify your feelings as follows:

1. Take the opportunity when you feel inclined to overeat or starve in a way which is inadequate for your real needs.
2. Don't overeat or starve. Eat just enough.
3. Lie down in a quiet room and close your eyes.
4. You will probably get a most unpleasant feeling.
5. This feeling of unpleasantness may become almost unbearable but stay with it nevertheless. You will gradually become aware of your real feelings.
6. Worry, loathing, shame, anger, fear and grief are examples of suppressed feelings which may contribute to overeating or starving.
7. The unpleasantness feels dangerous but it is not. Have courage! It is the held-back feelings which can be dangerous, not the conscious and experienced ones.
8. Let the feeling of unpleasantness spread and make intensive contact with it. Allow yourself to express these feelings by making sounds and movements.
9. Within a quarter of an hour the feeling of unpleasantness will have probably disappeared and taken with it your strong need to overeat or starve.
10. Allow yourself to feel some satisfaction of knowing that you have managed to handle this situation successfully.

[Sources, references](#)

Id: ed-treat-identify-feeling

Required: learn* Ssensation ; real* right* underlying* genuine* authentic* truth* true natura* honest* earnest* hidden* invisibl* latent* dormant* impercept* subconsci* unconscio* unawar* unreal* supressed ego Seat \$hungrysatisfied

Forbidden:

Optional: Seatingdisorder

Priority: learn learned learning learnt

Limit: 1

Did this answer tell you what you wanted to know?

No opinion No Partly Well Very well

Comment (if you like):

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