

# Kuchisabishii and Japanese Empathy Towards Eating Too Much



by Kaki Okumura

‘Kuchisabishii’ is a Japanese term which directly translates to ‘lonely mouth’, but it’s a phrase that’s better translated as boredom eating. But there is something so forgiving, and perhaps slightly endearing, about the term kuchisabishii. It’s less shameful in nature than terms like ‘mindless binging’ or ‘compulsive overeating’, for it acknowledges that it’s less of a disgraceful problem than it is just being human. Like how we are all susceptible to loneliness, we are all susceptible to eating out of boredom.

## Instructions:

1. Answer the following prompts, to check-in with your current eating habits. They are not meant to be judgmental, and you should not judge yourself for the way that you may respond.
2. The questions are built upon each other, so please answer them in order

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**1. When do you find yourself eating or snacking a bit too much than you’d like?**

**2. How do you feel you’ve eaten too much? What does that inner voice in your head say?**

**3. What are some more constructive thoughts or beliefs you can have when you’ve eaten too much?**

**3. How can you use these constructive thoughts or beliefs to create a positive outcome for yourself?**

*The best cure for a lonely mouth is with a bit of empathy.*

