



LOOK

PRESS

1



Desire to eat?

no desire

strong desire

1

—

2

—

3

—

4

How hard?

not hard

very hard

1

—

2

—

3

—

4

REGULATE

PRESS

2



Desire to eat?

no desire

strong desire

1

—

2

—

3

—

4

How hard?

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very hard

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—

2

—

3

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4

CHOOSE

LOOK

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REGULATE

2



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