

EMOTIONAL HUNGER

- 10** **Flooded:** Detached from surroundings and others marking the peak of emotional saturation and immobilization response.
- 9** **Very Emotionally Full:** Profound emotional overwhelm, leading to intense physical discomfort like nausea and a feeling of constriction in chest.
- 8** **Emotionally Full:** Moderately overwhelmed, some physical discomfort and/or an urge to withdraw from others.
- 7** **Satisfied:** Emotionally content.
- 6** **Neutral:** Emotionally balanced and not driven by emotional hunger or fullness. You're in control of your emotions.
- 5** **Slightly Emotionally Hungry:** Mindful of your emotions, desiring some support or connection.
- 4** **Emotionally Hungry:** Feelings of emotional unease surface as stress, sadness, anxiety, or frustration, prompting a search for relief.
- 3** **Very Emotionally Hungry:** Significantly affected by emotional hunger, seeking ways to soothe or numb emotions.
- 2** **Desperate:** Emotional hunger is strong, and you're actively seeking comfort or distraction from your emotions.
- 1** **Overwhelmed:** Intense emotional hunger, feeling completely consumed by emotions. Difficult to focus on anything else.

PHYSICAL HUNGER

10

Stuffed: Beyond “Thanksgiving full.” Your stomach feels uncomfortably stuffed. You may regret eating so much.

9

Very Full: You've eaten quite a bit and feel quite full. You might be a bit uncomfortable.

8

Full: You've eaten a substantial meal and feel full, but not stuffed.

7

Satisfied: You've eaten enough to feel content, but not overly full. You no longer feel hungry.

6

Neutral: Neither hungry nor full. You feel comfortable and satisfied.

5

Slightly Hungry: Slight sensation of hunger, but it's not urgent. Could eat a snack or wait a bit longer.

4

Hungry: Moderately hungry and could eat a decent meal without feeling overly full.

3

Very Hungry: Quite hungry, and stomach is noticeably empty. Need to eat soon.

2

Ravenous: Hunger is intense, can't focus on anything else. Energy levels are very low.

1

Empty: Extremely hungry, stomach is growling. You may feel weak and lightheaded.

DIFFERENTIATE BETWEEN PHYSICAL AND EMOTIONAL HUNGER WITH THIS EXERCISE:

Find a Quiet Space: Begin by finding a quiet and comfortable place where you can sit or lie down without distractions.

Breathe Deeply: Close your eyes and take several deep breaths. Inhale slowly through your nose, hold for a few seconds, and exhale slowly through your mouth.

Body Scan: Start a mental scan of your body from head to toe. Notice any physical sensations, such as tension, discomfort, or relaxation. Acknowledge any areas of physical hunger.

Acknowledge Emotional State: Shift your focus to your emotional state. Ask yourself, "What emotions am I feeling right now?". Try to label these emotions as precisely as possible.

Differentiate Hunger Types: Reflect on whether your desire to eat comes from physical hunger cues, like a growling stomach, or emotional cues, such as feeling stressed or lonely.

Proceed Mindfully: Decide how to respond to your hunger. If it's physical hunger, mindfully choose food. If it's emotional, consider other ways to address those feelings, such as talking to a friend, journaling, getting a hug, allowing yourself to cry, or engaging in a hobby.