

## EMOTIONAL HUNGER

- 10 Flooded**
- 9 Very Emotionally Full:** Intense physical discomfort; nausea, chest constriction
- 8 Emotionally Full:** Moderately overwhelmed, physical discomfort, urge to withdraw socially
- 7 Satisfied:** Emotionally content.
- 6 Neutral:** Emotionally balanced. You're in control of your emotions.
- 5 Slightly Emotionally Hungry:** Mindful of emotions, desiring support or connection.
- 4 Emotionally Hungry:** Emotional unease; searching for relief.
- 3 Very Emotionally Hungry:** Significantly affected, seeking ways to soothe or numb emotions.
- 2 Desperate:** Actively seeking comfort or distraction.
- 1 Overwhelmed:** Completely consumed by emotions. Difficult to focus on anything else.

## **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.

## PHYSICAL HUNGER

- 10 Stuffed:** Beyond “Thanksgiving full.”
- 9 Very Full:** Quite full, very uncomfortable.
- 8 Full:** Full, but not stuffed.
- 7 Satisfied:** Content, but not overly full; Not hungry.
- 6 Neutral:** Neither hungry nor full, comfortable and satisfied.
- 5 Slightly Hungry:** Slight sensation of hunger, not urgent.
- 4 Hungry:** Moderately hungry, could eat a decent meal without feeling overly full.
- 3 Very Hungry:** Quite hungry, and stomach is noticeably empty.
- 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.