

EMOTIONAL HUNGER

Emotional hunger comes on suddenly



Emotional hunger feels like it needs to be satisfied instantly



Emotional hunger craves specific comfort foods



Emotional hunger isn't satisfied with a full stomach



Emotional eating triggers feelings of guilt, powerlessness, and shame



PHYSICAL HUNGER

Physical hunger comes on gradually



Physical hunger feels like it could wait



Physical hunger is open to different options- lots of things sound good



Physical hunger stops when you're full



Eating to satisfy physical hunger doesn't make you feel bad about yourself



Coping With Hunger

Michael Hoelscher



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