

# 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

**TD Snyder**



## **Coping With Hunger:**

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