

# Physical vs Emotional Hunger

	Physical Hunger	Emotional Hunger
<b>Fast vs slow</b>	Comes on gradually	Sudden urge
<b>Where felt/originates</b>	Sensation of stomach rumbling and growling	Desire for food is mostly in the mouth and the mind
<b>What you want to eat</b>	Any food you like, to satisfy hunger	Craving for a very specific food
<b>Characteristics</b>	<ul style="list-style-type: none"> <li>-May feel shaky, light-headed or weakness</li> <li>-Tired feeling, low energy</li> <li>-May feel a sense of emptiness in stomach</li> <li>-Mood changes</li> </ul>	<ul style="list-style-type: none"> <li>-Automatic or absent-minded eating</li> <li>-Eat to avoid the experience of unpleasant emotions</li> <li>-Eat in isolation</li> <li>-Cued because food there</li> <li>-May be feeling Bored, lonely, stressed, feeling depressed or sad</li> </ul>
<b>After eating</b>	Hunger feeling leaves when you finish eating	May feel insatiable, still searching for just the right food

UNC Weight Management Program, 2021

Adapted from Craighead, Linda W. *The appetite awareness workbook: How to listen to your body and overcome bingeing, overeating, and obsession with food.* New Harbinger Publications, 2006.