

Emotional Hunger



Physical Hunger



Emotional hunger comes on suddenly



Physical hunger comes on gradually

Emotional hunger feels like it needs to be satisfied instantly



Physical hunger feels like it could wait



Emotional hunger craves specific comfort foods



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



Emotional hunger isn't satisfied with a full stomach



Physical hunger stops when you're full



Emotional eating triggers feelings of guilt, powerlessness and shame

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



GastroDoxs
defenders of the digestive system