

# Emotional or true hunger

## MAIN DIFFERENCES

Emotional hunger is like phantom hunger, it can be really strong and sudden. Phantom hunger has such power that it drives you to go to almost any lengths to satisfy it. Let's point out the main differences between emotional hunger and physical hunger so you can begin to differentiate between the two in your daily life.

EMOTIONAL HUNGER	TRUE HUNGER
Emotional hunger comes on like <b>lightning</b>	Physical hunger is <b>gradual</b>
Emotional hunger demands food <b>immediately</b>	Physical hunger is a bit more <b>patient</b>
Emotional hunger is <b>mindless eating</b>	Physical hunger is <b>mindful eating</b>
Emotional hunger craves specific <b>comfort foods</b>	Physical hunger is <b>open to variety</b>
Emotional hunger <b>triggers</b> feelings of guilt, powerlessness, and shame	Physical hunger <b>doesn't trigger you</b> or make you feel bad about yourself
Emotional hunger isn't satisfied with a <b>full stomach</b>	Physical hunger <b>stops</b> when you're full
Emotional hunger shows itself with <b>an upsetting emotion</b>	Physical hunger occurs because of <b>the physical need</b>