

Mind  
Over *Muffin*  
*by Leanne Lisbon*

# CHEAT SHEET

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EMOTIONAL HUNGER  
VS PHYSICAL HUNGER

# *Hungry Emotional Hunger vs Physical Hunger*

There is a distinct difference between emotional and physical hunger that deep down you actually already know, it's just reconnecting to this ability. Below you'll find some key differences between the two types of hunger that I encourage you to familiarise yourself with.

EMOTIONAL HUNGER	PHYSICAL HUNGER
Will arise out of nowhere, it will happen suddenly.	Will build slowly over time. If you're mindful and conscious you'll notice this building. If you do not eat you'll probably experience light headedness or dizziness and feel quite tired.
Will never be fulfilled by food, EVER because it's not food that you're really wanting.	Can be fulfilled by food. Once you've eaten, slowly and mindfully you'll be satisfied and your body will have the energy and nourishment it wanted.
Can come endless times per day, at all different moments.	Will usually present itself just a few times a day. (We need a lot less food than we actually think)
Will be triggered by a thought or feeling in your mind or body.	Will be a physical sign in your body that you're needing energy.
Has served a purpose so avoid being too hard on yourself.	Is a necessary part of life so be ok with being hungry.
Can be overcome by dealing with the root cause of the problem.	Can be solved by making a good yummy choice of food before you get too hungry.

When you feel any type of hunger surfacing, simply close your eyes and ask the question 'is this physical or emotional?' Listen to what comes to mind, really trust your intuition with this.