



EMOTIONAL EATING

Healing Your Relationship with Food

IS IT HUNGER OR
SOMETHING ELSE?

PLEASE READ

DISCLAIMER

The information provided in this course is for educational and informational purposes only and is not intended as a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or a qualified healthcare provider with any questions you may have regarding a medical condition or your overall health.

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A QUICK QUIZ TO HELP YOU UNDERSTAND YOUR CRAVINGS

We often feel the urge to eat—but it's not always coming from our body's true hunger. Sometimes it's stress. Sometimes it's habit. Sometimes, it's a deeper emotional need.

This quick quiz helps you tune into what's really going on—and how to respond with awareness, not auto-pilot.

INSTRUCTIONS:

For each question, choose the answer that best describes your experience.

At the end, tally your results to see which kind of hunger you're most often responding to.

IS IT HUNGER OR SOMETHING ELSE?

When you feel the urge to eat, how does it come on?

- A. It builds slowly over time
- B. It comes on suddenly and feels urgent

What kind of food are you craving?

- A. I'm open to anything—I just need fuel
- B. I want something specific and comforting (chips, sweets, etc.)

Can you wait to eat, or do you feel like you *have* to eat now?

- A. I can wait a bit if I need to
- B. I feel like I need something immediately

How do you feel after you eat?

- A. Satisfied, neutral
- B. Guilty, regretful, or still emotionally off

What was happening before the craving started?

- A. It was just time to eat
- B. I was stressed, bored, sad, anxious, or tired

IS IT HUNGER OR SOMETHING ELSE?

Results:

Mostly A's:

You're likely experiencing **physical hunger**. This is your body's natural signal for fuel. Great opportunity to practice mindful, balanced eating.

Mostly B's:

Your hunger might be **emotional or stress-related**. Your body may not need food—your *heart* might be asking for something else: rest, comfort, connection, or calm.

What Now?

If you're eating for emotional reasons, it's not a failure—it's a signal.

Try this:

- Take a breath
- Ask yourself: *What am I really feeling right now?*
- Choose a supportive response—food or a non-food comfort