

# The Hunger Scale

	Physical Sensations	Thoughts	Emotional feelings
10	Completely stuffed, extreme discomfort, very bloated	"I'm sick, I need to lay down"	Shame, Misery
9			
8	Lethargic, uncomfortable, bloated	"I ate WAY too much"	Guilt
7			
6	Too full, heavy	"I shouldn't have eaten that second helping, I ate too much"	Dissatisfaction with self
5			
4	Full	"I shouldn't have eaten those last few bites"	Disappointed
3			
2	A feeling of enough food, light and energetic, could do some gentle movement	I'm satisfied	Content, satisfied
1	A light feeling of food in the stomach	"I'm nearly satisfied"	Aware
0	Not hungry / Not satisfied		Neutral
-1	Tiniest whisper, start preparing meal	"I think I'm getting hungry"	Slightly distracted
-2	Slightly empty, gentle rumble, but no growling	"I'm slightly hungry, I'm ready to eat something"	Distracted, ready to eat
-3			
-4	Loud rumble	"I'm getting really hungry"	Very distracted
-5			
-6	Empty, growling or gnawing	"I'm really hungry"	Irritated
-7			
-8	Intense growling or gnawing, slight nausea	"I'm starving, I'm famished"	Extreme irritation, agitation
-9			
-10	Weak, headachy, dizzy, non-stop growling, no concentration	"I can't function, I need food – NOW"	Primal hunger, frantic