

# The Hunger Scale

The hunger scale is truly the magic that will put you back in tune with your body so that you are not over feeding yourself. The zone of magic for weight loss and healthy living is eating when you are at a -2 and stopping when you reach a +2.

	Physical Sensation	Possible Thought	Emotional Feeling
10	Stomach pain, extreme discomfort, physically ill	I have to lay down I feel so uncomfortable	Shame, misery
9			
8	Very uncomfortable, cannot participate in any physical activity	I ate WAY too much	Guilt, regret
7			
6	Too full, heaviness in stomach, low energy	That second helping put me over the top, I feel gross	Dissatisfied with yourself
5			
4	Full	I didn't need those last couple of bites	Disappointed
3			
2	No more physical signs of hunger, feel light and energetic, could do light to moderate activity	I'm satisfied and no longer hungry	Content, energetic
1	Light feeling of food in stomach	I am almost satisfied,	Aware
0	No sensation in your stomach, not hungry nor satisfied		Neutral
-1	Slight emptiness in stomach, begin to notice a few hunger cues, slightly distracted	I think I am getting hungry	Aware, prepared to eat
-2	Mostly empty feeling in stomach, easily distracted	I am hungry	Ready to eat
-3			
-4	Empty, rumbling in stomach, difficulty paying attention	I am getting pretty hungry.	Concerned
-5			
-6	Loud growling and gnawing in stomach	I am really, really hungry.	Irritated
-7			
-8	Intense growling and gnawing in stomach, slight nausea or headache	I am famished. I am hangry!!	Very Agitated
-9			
-10	Weak, headache, dizziness, nausea	I cannot function until I get food.	Frantic and desperate