

# hunger scale

The hunger scale is a tool that can allow you to gauge when and how much to eat. You have two options for the hunger scale: one with numbers and a more gentle option that simply assesses pleasant, unpleasant and neutral feelings. Begin to play around with which one you prefer by assessing yourself before and after a few of your eating experiences,

- 1**  **Painfully hungry. Primal hunger, very intense and urgent.**
- 2**  **"Hangry", Ravenous and irritable. Anxious to eat.**
- 3**  **Hungry and ready to eat, but without urgency. A polite hunger.**
- 4**  **Subtly hungry, slightly empty.**
- 5**  **Neutral. Neither hungry nor full.**
- 6**  **Beginning to feel emerging fullness.**
- 7**  **Comfortable fullness. You feel satisfied and content.**
- 8**  **A little too full. Not pleasant, but not quite an unpleasant experience.**
- 9**  **Very full, too full. Uncomfortable. Want to unbutton your pants or remove belt.**
- 10**  **Painfully full, stuffed. May feel nauseous.**

