

The Hunger You Can't Name

On the difference between physical hunger, emotional hunger, and the longing that food can't fill.

Not every urge to eat is physical hunger. Sometimes it is emotional hunger. And sometimes it is a deeper longing for comfort, rest, connection, purpose, or relief.

Physical Hunger grows gradually and can be satisfied by many foods.

Emotional Hunger feels urgent and often seeks a specific food.

The Hunger Beneath the Hunger asks for something food cannot provide.

Pause Practice: Create Space

When you feel an urge to eat, delay for just 10 minutes—not to avoid eating, but to create space.

Remind yourself:

- I have free will.
- I am allowed to eat.
- The food is not going anywhere.
- I am choosing to pause, not restrict.
- Creating space is the work.

Ask yourself:

What am I hoping this food will do for me right now?

What do I need most in this moment?

After 10 minutes, choose intentionally. Eat if you want to. Don't eat if you don't. The success is not in what you choose. The success is in creating enough space to make a choice.