

Potential reasons for hunger

Physical hunger

- Not drinking enough water
- Not eating enough/restrictive diets
- Not sleeping enough
- Chronic stress
- Unbalanced diet
- Grazing all day
- Mindless eating/snacking
- Low nutrient diet
- Some medications increase hunger
- Candida overgrowth
- Hormonal imbalance

Emotional hunger

- Fear of change
- Fear of failure
- Fear of success
- Fear of rejection
- Lack of sleep/tiredness
- Stress
- Lack of love
- Anger/frustration
- Procrastination
- Loneliness
- Lack of self-worth/confidence
- Boredom
- Anxiety/worry
- Lack of attention
- Fear of judgement and criticism
- Trauma
- Etc.

Spiritual hunger

- Feeling empty
- Lack of passion and purpose
- Restlessness
- Unease
- Longing for something more in life, even if you seem to have everything you once desired
- Lack of inspiration and motivation
- Lack of personal fulfillment
- General sense of discontentment or dissatisfaction
- A sense of being lost in life

Mindset reasons: habitual overeating, perfectionist & black and white thinking