

The Hunger-Satiety Scale

(Daddy Hunger Version)

TWINPOWERMENT

Use this scale to determine your level of Father Hunger. The scale is based on emotional and/or relational satisfaction. However, this scale is not just for Father Hunger issues. You can use this scale for your general emotional/relational rating system.

10 Emotionally & Relationally Stuffed/Overstimulated

9 Relationally Overwhelmed/Dependent/Co-Dependent

8 Emotionally & Relationally Unhappy/Demanding

7 Emotionally & Relationally Full/Minimal Stress

6 Emotionally and Relationally Satisfied

5 Slightly Relationally & Emotionally Hungry

4 Noticeably Hungry/Relationally Sad or Lonely

3 Moderately Hungry for Love/Irrational/Toxic Behaviors

2 Very Hungry for Love/Attention/Affection

1 Emotionally & Relationally Starving/Malnourished