



STRUGGLES OF BEING A HANGRY PERSON

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Most of you reading this article may wonder “What exactly is hangry?” Well, in my belief, it is a state of anger that arises with a lack of food, taking a toll on a person's emotions. There were times when I was not on my best behaviour, but I'm not responsible for what I said when I was hangry. Fellow hangry-mates, I'm sure you'll relate to at least one of my struggles.

You get into an unnecessary argument with your BFF/boyfriend over something really irrelevant: Your best friend or boyfriend tells you something really important or pulls your leg a little and you just make a mountain out of a molehill for no apparent reason. Deep inside, you *both* know it was because you were hungry.

You don't stay sane between the hours of 1-4 p.m.: One of the struggles of being a university student is that you don't always get a lunch break between lectures. If that's not brutal enough, there are always those boring classes and annoying classmates that invigorate the surface tension between you and your stomach. Your face turns dismal, warning people to stay away or else.

No appetiser: People who know you well are aware that waiting hours for the main course at a party is not your best

trait. You have to eat whilst you are waiting for the main dish. I think appetisers were invented for people like us.

Hanger apology texts are a regular thing for you: Sending long lines of guilt confessions is a habitual thing for you where you express regret for turning into the likes of Regina George when you hadn't eaten for an hour.

The hour before lunch is as slow as a turtle: Five minutes seem like five years and you're constantly worried that you may lose it in no time and make a few more enemies than what you made yesterday.

You can't explain the WRATH you face when a waiter brings out food at a restaurant and it's not yours: You eye the waiter like a crouching tiger and try your best to decimate him with your intense hateful gaze.

The agony of small portions: The whole modern cooking and sophisticated plating doesn't go well with you. No matter what you look like from the outside, you're just a rustic eater on the inside who would have the whole pizza by themselves and yet have room for some *biryani*.

Wanting to slap people who take too long to decide: So, here you are who take literally 8 seconds to skim the menu and order right away and then there are those who'll go through the menu thrice and still take 10,000 years to order, making you want to pull their hair and feed them that instead.

You don't understand people who forget to eat or skip meals intentionally: You fail to understand how it's even possible for anyone without turning into the Incredible Hulk. I mean where do they get their energy from?

The Sun?

Your brain simply doesn't function on an empty stomach: There are people who skip their lunch to study for their exams and then there are you who'd rather skip study time in favour of lunch. It's not really wrong since you can't even calculate two times two when you're hungry. Exactly why you don't even attempt dieting because you know you'll be crankier than Dr. House not being able to solve a case. So not pretty!

An empty refrigerator is an empty life: It's midnight and you still have almost half an hour to finish your episode of Gilmore Girls and suddenly, you get hanger pangs. You rush to the refrigerator but alas, all it has is a deceptive ice-cream box which your mom filled with ginger and garlic paste. With raw emotions and a roaring stomach, you walk away with a heart filled with pain.

Hangry person motto: Eat to live? Pfft. Live to eat!

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