

WHEN THE CRAVING HITS

We all experience cravings throughout our lives. What we don't always realize is that these cravings are typically a response to a specific emotion. This worksheet helps you experience a craving without panicking or giving in.

EXAMPLE

NAME IT

The first step to changing a behavior is to recognize it. In this section you will give your craving a name. Once you've done that, you will work to identify and name the feelings and thoughts behind the craving.

What is the craving?

Name what you are craving. Is it pizza, chocolate, candy?

What emotion are you trying to avoid?

What emotion are you experiencing along with your craving. Anger? Boredom? Sadness?

What thought gave you this emotion?

Dig deep and try to find the thought that caused this emotion. You might find, for example, that thoughts about being overwhelmed lead you to feel angry.

OBSERVE IT, DON'T JUDGE IT

We often try to ignore cravings when they arise, but that just makes them stronger. Instead, try to observe the craving as it comes. Don't judge it or feel guilty about it. Let it wash over you like a wave. Let the craving come, and most importantly, let it naturally leave.

How does the craving feel physically? Where do you feel the craving in your body?

Check in with your body. Write down how your craving feels physically. Do you feel it in your tense muscles?

Now that I have acknowledged them, how can I redirect these feelings?

Instead of turning towards a craving, what can you do to help yourself feel and express the emotion you are trying to run from. For example, if you're feeling angry you might choose to do a physical activity to get your heart pumping, like jumping, dancing, or running.

PRACTICE & REPEAT

The next page includes a worksheet you can use whenever you feel a craving coming on. Use this process to allow cravings to come and go instead of panicking or giving into them.

WORKSHEET: WHEN THE CRAVING HITS

Use this worksheet to work through a craving instead of panicking or giving in.

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