

EXPERIMENT WITH YOUR CRAVINGS

1. Identify a strong craving you have and write it down in the Cravings section.
2. Begin to deconstruct the craving by identifying both its physical and emotional components.
 - **Physical:** A physical craving is one that doesn't go away if you wait a few minutes or try another activity. In fact, it will increase as time goes on and will only go away once you've eaten the food you're craving. This is true physiological hunger. Physical cravings usually take place when we haven't been eating properly balanced meals and when our blood sugar levels are low, which is what can happen if we don't eat at regularly spaced intervals.
 - **Emotional:** An emotional craving on the other hand is one in which no actual feelings of physiological hunger exist. This type of hunger doesn't increase if you wait a few minutes or turn your attention to another activity, but the underlying emotion behind your hunger does increase. This type of hunger usually goes away if you satisfy what the real need behind your food craving is, whether it's taking a short nap to reenergize or doing something you love to do.

It is important to make a distinction between your emotional state and food in order to effectively address and cope with the true problems in your life. Focus on what your body is really craving. Once you start feeding the real voids in your life, most of your food cravings will melt away like unwanted ice cream!

3. Write down three small action steps you can take consistently this week to help you reduce or eliminate your craving? When will you begin?
4. Write down any changes that you notice, no matter how small they may seem.

CRAVINGS

ACTION STEPS

CHANGES YOU HAVE NOTICED