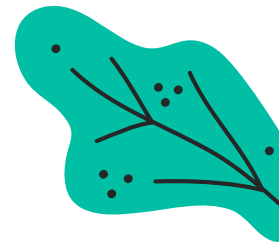




# How to Use the Craving Tool



Use this tool when you have an urge to eat something.

Follow this exercise first: 

- Bring to mind the food you are struggling with.
- Imagine eating the amount that you usually eat of it. Let it settle in your stomach.
- Now, focus on what it feels like in your belly. Notice what your body feels like after you ate it.
- Notice your thoughts and emotions.

**How strong is your craving to eat that type or amount of food now compared to before the exercise?**

**-10**

**-5**

**0**

**+5**

**+10**

**A LOT WEAKER ..... SAME AS BEFORE ..... A LOT STRONGER**

If the craving is weaker, this is a marker of disenchantment: your brain predicts what will happen if you eat this type or amount of food based on your past experiences. By imagining eating the food, you tap into your brain's power to help weaken cravings - without willpower!

If the craving is still there, check in with your body, thoughts, emotions.

- Ask yourself, why do you want to eat right now? (Hunger, emotions, boredom).
- Pay attention to what you are about to eat. What is it made up of? What does it look and smell like?
- Pay attention as you eat each bite (smell, taste, texture, temperature).
- Keep paying attention until you finish eating.
- What does your body feel like?
- What emotions and thoughts are you having right now?

 Complete the following questionnaire to bring awareness to the results of the how, what, and why you ate.

QUESTION 1:

How much did you eat?

NONE

TOO  
LITTLE

RIGHT  
AMOUNT

TOO  
MUCH

WAY TOO  
MUCH

QUESTION 2:

Check in with your body.  
How do you physically feel right now?

-10

-5

0

+5

+10

AWFUL ..... AWESOME

QUESTION 3:

Check in with your emotions.  
How do you feel right now?

-10

-5

0

+5

+10

AWFUL ..... AWESOME

QUESTION 4:

Check in with your thoughts. What type of  
thoughts are you noticing right now?

-10

-5

0

+5

+10

UNHELPFUL ..... HELPFUL

## How rewarding was this eating experience?

**Add up your results** – a positive score suggests the eating experience was rewarding, and a negative score suggests you are becoming disenchanted with the behavior.



Write about what you've learned from this experience below or note this experience as you move forward in mindfulness.



You can bring what you've learned from this experience to the next time you have a food craving.