

Step 1: Map your craving environment

A reflection worksheet, with Sandrine Fuentes

Noticing where and when cravings appear. Your environment is the stage where cravings begin. By observing your surroundings, you will start to see that cravings are not random. They are connected to certain places, times, and situations.

Reflection prompts

1. Where am I when I usually crave certain foods? (home, work, car, commute, etc.)

2. What time of day does it happen most often? (morning, afternoon, evening)

3. Are there specific situations, people, or emotions that tend to set it off?

Notes and observations

You are not here to change anything yet. Simply notice and record what you observe. Awareness is the first step towards choice.