

Step 2: Spot the triggers

A reflection worksheet, with Sandrine Fuentes

Identifying what sparks your cravings. Triggers are the sparks that light up your craving circuit, sometimes obvious, sometimes subtle. By spotting them, you gain the power to interrupt the craving before it takes over.

Reflection prompts

1. What was happening right before the craving showed up?

2. Was I feeling stressed, tired, bored, or anxious?

3. Did I see, smell, or think about a certain food?

4. Were there people or social situations that lit the craving?

Notes and observations

Each trigger you notice gives you back awareness. You are learning to catch the craving at its very start, which is a powerful step towards choice.