

Step 3: The craving experience

A reflection worksheet, with Sandrine Fuentes

Observing how cravings show up in your mind and body. Cravings are not just urges. They are experiences your brain creates through thoughts, images, sensations, and even inner voices. By noticing them, you shift from autopilot into conscious choice.

Reflection prompts

1. Do I see a mental image of the food?

2. Do I hear an inner voice saying something like 'I need this now'?

3. Do I taste it in my mouth or smell it in the air?

4. What physical sensations do I notice (tension, restlessness, shallow breathing)?

Notes and observations

Just observing a craving changes how your brain responds. You do not need to resist it. Simply notice how it shows up in your senses and body.