

Step 5: Track the body's response

A reflection worksheet, with Sandrine Fuentes

Paying attention to the physical sensations of cravings. Cravings often show up in the body before we act on them, through tension, restlessness, salivation, or changes in breathing. By noticing these signals, you can catch cravings earlier and respond with awareness.

Reflection prompts

1. What physical sensations do I notice when a craving arises?

2. Where in my body do I feel tension, heaviness, or energy?

3. Does my breathing, heart rate, or posture change during a craving?

4. How does naming these sensations affect the intensity of the craving?

Notes and observations

Your body is an early warning system. By noticing where cravings live in your body, you create a moment of choice and calm.