

Step 6: Choose differently

A reflection worksheet, with Sandrine Fuentes

Practising small shift strategies to respond to cravings with awareness instead of autopilot. You do not have to resist cravings. You just need to create space for choice. Even tiny actions can make a big difference.

Reflection prompts

1. When a craving appeared today, what did I do differently?

2. Which strategy felt easiest or most natural for me?

3. How did my body and mind feel after trying the shift?

4. What surprised me about choosing differently?

Shift strategies you can try

- Pause and breathe. Take two or three slow, mindful breaths.
- Reframe the thought. Replace 'I need this now' with 'I can choose what is best for me.'
- Redirect attention. Sip water, stretch, or notice colours and textures around you.
- Visualise the outcome. Imagine how you will feel if you give in, and how you will feel if you wait.

Notes and observations

Every time you pause and choose differently, you teach your brain a new pattern. Even the smallest shift is a success and builds resilience.