

Step 7: Your final craving story

Write your craving story, with Sandrine Fuentes

Bringing together everything you have learned this week into your personal craving story. Writing your story helps you see the sequence clearly and choose a new way forward. This is not about perfection. It is about awareness, compassion, and choice.

Everyone's craving sequence may unfold differently. For some, a body sensation might come first. For others, a thought or an emotion may appear before anything else. Use the prompts below to map out your unique craving story in the order that feels most true to you.

Reflection prompts

When I am at (location or situation):

And I notice this trigger (something outside of me):

Then I have this thought (a voice, picture, or story in my mind):

And I feel this emotion (anxious, bored, excited):

And I notice this body sensation (tight shoulders, restless energy, a craving in my mouth or stomach):

This is what usually happens:

Next time, I will choose to:

Which strategy feels most supportive for me? (pause, reframe, redirect, visualise, tapping)

How do I feel when I imagine choosing differently?

My craving story

You have completed your seven steps of craving awareness. By writing your craving story, you have taken the role of director in your own mind, turning automatic reactions into conscious choices.