

In Case of a Craving



1. Acknowledge

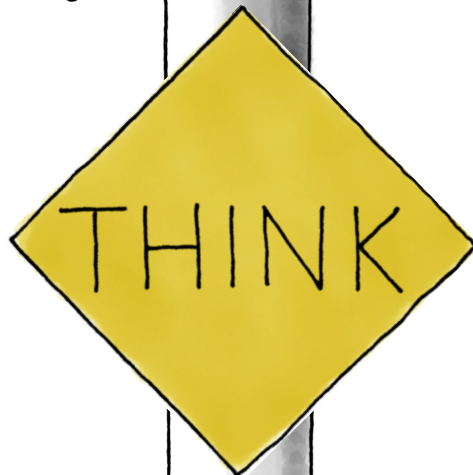
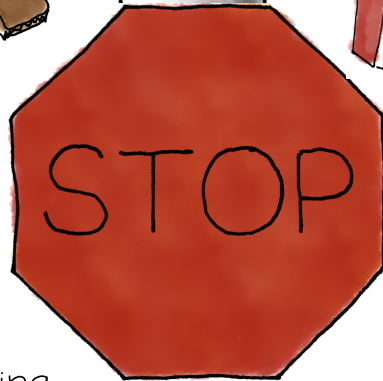
☐ I have a craving!

How does it feel?

☐

☐ It's not a bad feeling.

☐ It doesn't have to go away.



3. Act

What do you really want?

☐



Do what you really want.

2. Defuse and Decide

☐ I don't have to do what the craving wants.

☐ I can do what I want.

What else could you do with this resource? (time, money, calorie "budget"?)

☐

☐

What would be even better?

☐

☐

