

# Craving Worksheet

What am I REALLY hungry for?

## Step One

Am I hungry right now? Is my stomach growling? Am I feeling empty and lightheaded? Have I not eaten recently?

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## Step Two

What emotion(s) am I feeling right now? What emotion did I feel 5 minutes earlier before I started feeling this craving?

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## Step Three

As I sit with these emotions, I'm realizing they're uncomfortable to me because:

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## Step Four

What emotions do I WANT to feel right now? What would make the negative emotion go away that doesn't involve food?

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**I COMMIT TO TAKING ACTION RIGHT NOW!!!!**

