

# STOP CRAVINGS IN THEIR TRACKS BY CONNECTING TO YOUR TRIGGERS

1

## Recognize your triggers.

The first step you need to do is to recognize your triggers. Take a day or two to write down when you experience cravings. You can write them down as they happen, or reflect back at the end of the day.

*Hint: Stress is the #1 trigger. Second is boredom, and third is negative interactions with people.*

My cravings happened...

☐ Morning ☐ Midday ☐ Afternoon ☐ Evening ☐ Night ☐ Late Night

Exact times: \_\_\_\_\_

Where was I: \_\_\_\_\_

What was going on: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Was I aware at the time, or did I realize it later?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Making change in real life...

Leslie transformed her approach to food like this:

"I used to deal with stress by overeating. So I chose Ben and Jerry's and Fast Food. Alegra helped me find delicious ways to include vegetables in my diet, but more than that she helped me see food as a way to nourish myself."

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## Acknowledge the pros AND the cons!

Write down everything great about overeating or overindulging in your comfort foods. People usually skip this step, but there is a reason you've been overdoing it. It's essential to acknowledge the benefit. Has it been relaxing? Does it feel good in the moment? Does it allow you to momentarily check out from the trigger?

Then write down the negative aspects, from having extra weight to feeling bad after the binge or anything else that makes you want to be able to quit.

**PROs**

**CONs**

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### Making change in real life...

Pat described her new awareness like this:

"I've really been looking at things differently since starting the Detox! For some time, I suspected that my overeating issues were more related to emotional issues, but didn't know where to start making a change. Maybe the emotional detox has just made me more mindful, but I am experiencing some changes for the better!"

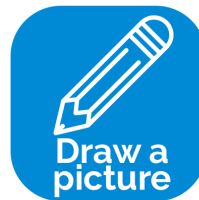
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3

## Create alternatives.

Start by making simple swaps, replacing the high sugar foods with equally delicious but slightly healthier choices. Also start looking at non-food ways to de-stress, relax, and reward yourself. Anything from a manicure to a massage to a chat with a friend to buying fresh flowers or making a cup of tea. The list is endless! Write down your favorite ways to feel better that don't involve food!

Non-food Sweetness:



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## Get support.

If you try to change just yourself and surround yourself with all the same people making the exact same choices, you will probably end up falling off the wagon. Get your best friend or partner or spouse or co-workers involved! Find that healthy person to try a new healthy lunch spot with, or get a family member to join in your new approach with you, or hire support. You also need to keep exploring the emotional triggers. It takes time to re-train your brain.

**People you can ask to support you:**

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**Ideas for new choices you can ask them to make with you:**

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5

## Be persistent.

Change does not happen overnight. You must be kind to yourself as you practice this new way of moving through cravings. Will you still turn to your comfort foods? Sure. Is every time you don't a win? Absolutely. Focus on the wins, and forgive yourself when you fall into old habits. You didn't get there in a day, and you won't get out in a day. You will get lots of opportunities to practice!

Write an affirmation to help you get back on track:

**Example:** *Every day is a new day, and today I choose to do my best.*

**Example:** *I overate, and it didn't feel good; I forgive myself now, and I will try to remember next time.*

**Example:** *What I do once doesn't matter; what I do overtime is what's important.*

### Making change

#### in real life...

Julia described the impact of this simple practice:

"With a 5-min affirmation in the morning, I made two notable different choices. Its motivating and positive!"