



# The Craving Pattern Journal

NOT RULES. NOT CALORIES. JUST  
REFLECTION.



## The Craving Pattern Journal

Not rules. Not calories. Just reflection. This isn't about willpower — it's about awareness. Read through the examples below to notice how cravings often follow patterns you didn't see before. Start where you are. No guilt — just curiosity.

### Time of craving:

- 12:45pm – At the restaurant with co-workers.
- 6:10pm – After the kids' dinner.
- 5:30pm – In traffic on the way home from a bad day.

### What were you feeling just before it hit?

(Tired? Anxious? Bored? Overwhelmed? Disconnected?)

- A little left out — they were all laughing, sharing garlic bread. I had my packed lunch waiting for me at the office, but I felt awkward.
- Rushed. I just wanted to get everyone fed and bathed before 7pm.
- Drained. The day had been relentless. I hadn't had a moment to myself.

### What happened right before?

(Event, thought, situation?)

- Someone made a joke about how “good” I was being, and I laughed along — but it felt weird to just sit there with water.
- The toddler refused to eat again. I didn't want to waste the food. So I picked.
- My colleague bought me a chocolate “to cheer me up.” I thanked her. Ate it before I got home.

## 🧠 How did it feel afterwards?

### (Emotionally + physically)

- Bloated and weirdly annoyed at myself. Not even because of the food – just that I didn't want it and still said yes.
- Physically meh. Emotionally disconnected. I wasn't even hungry.
- Regret. Slight headache. Felt like I'd lost the plot for a second.

## 💡 Anything you noticed or want to reflect on?

- It wasn't about hunger – it was about not wanting to feel different in the group.
- I didn't pause once. Just autopilot. I wouldn't even count that as a “meal.”
- It was the gesture I wanted – not the chocolate. But I didn't know how to receive it without eating it.

## 👉 Tip:

Try this for a few days and see what shows up. Even just reading these examples might help you notice something in your own day.

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🌟 P.S. Did you see the surprise hidden in the back? It's waiting for you on page 165.

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