

# Craving Scripts Library



**STOP**  
Emotional Eating

**NAVIGATE**  
Late-Night Cravings

**RESTORE**  
Calm Sleep

# Craving Scripts Library (Premium)

Perimenopause Night Freedom — Bonus Pack

Premium editorial layout • Print-friendly • Built for real nights

## How to Use These Scripts

Scripts stop negotiation. Pick 3 and repeat them for 14 nights.

### Core Scripts

- I hear you. Relief first, then decision.
- Calm first. Decide later.
- Not tonight. Back to the track.
- This is regulation hunger. Calm first.
- If I still want it in 10 minutes, I can choose.

### Cravings & Pantry Scripts

- I'm not banning. I'm delaying.
- Small + steady. No improvising.
- I choose from my defaults.
- A snack is a tool, not a spiral.
- I want comfort. I choose comfort that protects sleep.

## Phone & Scroll Scripts

- Phone out of bed. Sleep on.
- My brain wants novelty. I choose stability.
- I can scroll tomorrow. Tonight I land.
- Screens keep me online. I'm choosing offline.

## Stress & Emotional Nights Scripts

- This is depletion, not failure.
- Compressed, not quit.
- Regulation first. Processing tomorrow.
- I'm safe. I don't need answers at night.

## 3AM & Recovery Scripts

- This is a moment, not a forecast.
- 3AM is handled. I'm safe.
- Calm → Cool → Reconnect.
- No phone. No problem-solving.
- I know what to do.

## Your Personal Script Trio

Script #1: \_\_\_\_\_

Script #2: \_\_\_\_\_

Script #3: \_\_\_\_\_



