

# ✔ NIGHTLY CRAVING-CONTROL CHEAT CARD

## 🛑 STEP 1 — PAUSE FOR 30 SECONDS

Ask yourself:

- “Is this hunger or a habit?”
- “Did something stress me today?”
- “Will eating fix the real problem?”

Take 3 deep breaths — inhale 4 sec, hold 2, exhale 6.



## 💧 STEP 2 — THE 5-SIP RESET

Drink 5 slow sips of warm water, herbal tea, or lemon water.




This lowers cortisol + signals safety to your body.



## 🧠 STEP 3 — IDENTIFY YOUR CRAVING TYPE

- 🍫 Sweet → low energy
- 🧂 Salty → stress
- 🥨 Crunchy → frustration
- ❤️ Comfort → emotional need

## STEP 4 — CHOOSE YOUR FIX

-  Sweet → kiwi, cinnamon tea, chia water
-  Salty → cucumber + salt, almonds
-  Crunchy → apple, carrots, rice cake
-  Comfort → chamomile, light stretch

## STEP 5 — CLOSE THE LOOP

Finish with ONE of these:

- 5-minute walk indoors
- Shower or face cleanse
- Tidy one small area
- Journaling prompt:

“What do I actually need right now besides food?”

### EMERGENCY SCRIPT

Repeat when urges spike:

“This craving will pass. I don’t need to act on it.”