

A Simple Awareness Tool

Craving Check-In



*A simple reflection to help you understand
what your cravings might be telling you.*

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Start Here

This guide works best if you...

- Approach cravings with curiosity instead of criticism.
- Take a moment to notice what may be influencing the craving.
- Remember that every craving is a chance to learn more about yourself.
- Focus on understanding your patterns—not being perfect.

Your First 10 Minutes

- ✓ Read the introduction and learn why cravings can offer helpful clues.
- ✓ Complete your first Craving Check-In the next time a craving appears.
- ✓ Notice one thing you discover about what may be influencing your craving.

You'll find a completed example later in this guide so you can see what a *Craving Check-In* can look like in everyday life.

Rushed
Satisfied
Still craving
Calm
Rushed
Satisfied
Still craving

Craving Check-In

A simple way to understand your cravings - with out overthinking or judging them

Cravings are not a problem to fix—they're information.

This quick check-in helps you pause, notice what's going on, and respond in a way that feels more supportive.

There's no right or wrong here—just awareness.

The Check-In

When a craving shows up, take a moment to notice:

1. What am I craving?

Calm

Rushed

Satisfied

Still craving

Calm

Rushed

Satisfied

Still craving

2. What time is it?

3. What's going on around me?

(e.g., working, relaxing, scrolling, with others)

4. What might I be needing right now?

- ☐ Energy / I haven't eaten in a while
- ☐ A break or a pause
- ☐ Comfort
- ☐ Something enjoyable
- ☐ Stress relief
- ☐ Habit / routine
- ☐ I'm not sure

5. How am I feeling right now?

(check any that fit)

- ☐ Calm
- ☐ Tired
- ☐ Stressed
- ☐ Bored
- ☐ Overwhelmed
- ☐ Restless

Calm
Rushed
Satisfied
Still craving
Calm

Gentle Pause (this is the key moment)

Before you act, take one breath and ask:

👉 "What would feel supportive right now?"

Choose what feels right (no rules)

- ☐ Go ahead and have what I'm craving (with awareness)
- ☐ Add something (e.g., protein, colour, more food)
- ☐ Pause and check in again in a few minutes
- ☐ Do something else first (walk, water, step away)

Craving Check-In

After (quick reflection)

What did I choose?

How did that feel?

This isn't about stopping cravings.

It's about understanding them—so you can respond in a way that feels better over time.

Small awareness leads to meaningful change.

Turn the page to see what a Craving Check-In could look like.

Craving Check-In

A simple way to understand your cravings - with out overthinking or judging them

Cravings are not a problem to fix—they're information.

This quick check-in helps you pause, notice what's going on, and respond in a way that feels more supportive.

There's no right or wrong here—just awareness.

The Check-In

When a craving shows up, take a moment to notice:

1. What am I craving?

Chocolate

2. What time is it?

8:30 pm

3. What's going on around me?

(e.g., working, relaxing, scrolling, with others)

Relaxing after a busy day

4. What might I be needing right now?

- ☐ Energy / I haven't eaten in a while
- ☐ A break or a pause
- ☒ Comfort
- ☒ Something enjoyable
- ☒ Stress relief
- ☐ Habit / routine
- ☐ I'm not sure

5. How am I feeling right now?

(check any that fit)

- ☐ Calm
- ☒ Tired
- ☒ Stressed
- ☐ Bored
- ☐ Overwhelmed
- ☐ Restless

Calm
Rushed
Satisfied
Still craving
Calm

Gentle Pause (this is the key moment)

Before you act, take one breath and ask:

👉 **"What would feel supportive right now?"**

I'm going to take a few minutes to unwind first. I may still choose the chocolate,
but I want to make that choice with awareness.

Choose what feels right (no rules)

- ☐ Go ahead and have what I'm craving (with awareness)
- ☐ Add something (e.g., protein, colour, more food)
- ☒ Pause and check in again in a few minutes
- ☐ Do something else first (walk, water, step away)

Craving Check-In - *Here's What It Might Look Like*

After (quick reflection)

What did I choose?

I had the chocolate and enjoyed it while sitting down instead of eating it distracted at my desk.

How did that feel?

I noticed I enjoyed it more and felt more satisfied

This isn't about stopping cravings.

It's about understanding them—so you can respond in a way that feels better over time.

Small awareness leads to meaningful change.

Remember: The goal isn't to judge the craving or force it away. It's to understand the message behind it so you can respond with more awareness and self-compassion.

Want support connecting the dots?

If you'd like support applying what you're discovering about your cravings and eating patterns, you're welcome to book a complimentary Strategy Session.

[Book your complimentary session here](#)

Craving Check-In

Craving Check-In

Your On-the-Go Tool: Connect the Dots

 **2 minutes**

 Cut out and keep somewhere you'll see it when you need a reminder.

 Or screenshot it and save it on your phone for a quick check-in anytime.

 *Tip: For a sturdier reminder card, print this page on thicker paper or cardstock.*

A craving showed up? Take a moment to connect the dots.

Notice

What am I craving?

What might it be connected to?

- | | | |
|----------------------------------|---|--|
| ☐ Stress | ☐ Emotions | ☐ Hunger / I haven't eaten in a while |
| ☐ Boredom | ☐ Habit or routine | ☐ Something else: _____ |

Pause

Take one breath.

What might I need right now?

Choose

"What would feel supportive right now?"

Connect the Dots Reminder:

Curiosity helps you connect the dots.