

TRIGGERS & CRAVINGS

THIS WEEK, START TO SEE YOUR CRAVINGS AS THOUGHTS. GET CURIOUS AND EXPLORE THEM. WHEN A CRAVING ARISES, IDENTIFY THE TRIGGER, THEN SORT OUT WHAT THE CRAVING IS TELLING YOU. WRITE THESE THOUGHTS DOWN. THEN, USE THE ACT TECHNIQUE TO EXAMINE THE TRUTH OF THOSE THOUGHTS.

Triggers: Note where you were, what time it was, what you were doing, and how you were feeling before the craving came on.

Cravings: What was the substance of the craving? What was it telling you? If your craving was a person talking to you, what was it saying?

THIS WEEK'S WRITING EXERCISE

ACT: Work through the ACT technique for at least three of the cravings above. Finish with a strong Turnaround for each.

Write each of your turnarounds on an index card or somewhere you can access it easily throughout your day. Review these new thoughts when you're feeling triggered.