

Your Cravings Workbook

If you've ever beat yourself up for not having any willpower to stick to a diet plan, this guide is meant to shed light on the REAL reason you could be struggling. Note: You can have a combination of these!

Gut health: If you've ever felt you've had hungry bugs in your belly that are lifting that spoon of ice cream to your mouth than it's possible you can have pathogenic infections. Pathogenic infections like parasites, bacterial overgrowth and candida can cause cravings and imbalances that are very powerful. Cravings can be a symptom of poor gut health.

Nutritional deficiencies*: If you are not absorbing nutrients well than vitamin and mineral deficiencies can cause cravings.

**See Cravings Nutrition Guide for specifics*

Not eating enough at meals or going too long without eating: This is a pattern that can make you ravenous where you're ready to do anything for food and can often end up overeating or craving foods that don't make you feel good.

Leaving out food groups that your body needs or eating the wrong macro nutrient combinations for your unique body: If you habitually leave out food groups like carbohydrates and fat, it's possible you can end up feeling much hungrier, much sooner if they are not what your body needs. If you are feeling hungry frequently, and that's causing blood sugar dis-regulation and cravings, re-evaluate how you are putting your meals together. Sometimes the body's needs can shift and what worked at one time no longer does anymore. Allow your body to be the guide and listen!

Poor sleep hygiene or trouble sleeping: Sleep is just as important as food. If you have trouble getting to sleep or staying asleep, make sure you are in bed by 10:00 PM every night (earlier can be better if you struggle with fatigue) and in a dark room. Some of the main reasons for not sleeping can be found in the first set of physical issues mentioned above. Pathogens and blood sugar especially. If you do not get enough quality sleep it can leave you feeling down, unbalanced and with significant cravings despite your best efforts.

CRAVINGS WORKSHOP

by Michelle Casey

Rigid rules or all or none thinking: This is typical dieting behavior when you are either “on” or “off” the wagon. It often causes feelings of guilt and shame because of the perception of being “bad” for eating something off your ideal plan. This can then lead to feelings of failure, which can lead to continuing to eat out of alignment or binge.

Emotional eating: Eating for other reasons other than physical hunger, may be trying to distract from uncomfortable emotions or fill an unmet need. Learning ways to cope beyond food is crucial. This may have been a completely appropriate coping mechanism for trauma you may have experienced, so please give yourself some grace if this has been your pattern.

Consider substituting healthy actions *that make sense for the emotion you are experiencing*. For example: taking a bubble bath when you are super angry may not help or feel right, when punching a pillow does! The **Power Pause** Exercise is a very helpful tool for learning what works and what doesn't.

Which of these possibilities resonate with you?

Learn And Let Go Exercise

It's hard not to feel bad or like a failure for eating something you didn't want, doesn't meet your goals, or that you didn't consciously choose to eat. This exercise is a powerful tool meant to help you reflect, learn, and let that sh*t go!!!

BEFORE I ATE:

Was I too _____?

- Hungry
- Tired
- Stressed
- Distracted

Was there a need I had, that I didn't give myself permission to have?

- Permission to say no
- Permission to rest or take time just for me
- Permission to set boundaries
- Permission to stop and eat
- Permission to _____

Did I stay present, taste, and fully enjoy what I ate?

AFTER I ATE:

What could I do differently next time?

- Say no
- Get more sleep
- Not let myself get too hungry
- Eat enough of the foods I know nourish me
- Eat more of the foods I enjoy that meet my goals
- "Power Pause" Exercise

Power Pause Exercise

I, _____ agree to take a 5 minute pause when I feel like eating in any way that's out of alignment with the best version of me. I'm fully committed to taking the time I need to respond vs. react, and I'm open to what I will learn every time through this experience.

I agree to take this 5 minutes no matter how challenging it is, and curiously connect to, and stay with my body for the whole 5 minutes, noticing any sensations I may be feeling and where I am feeling them. I will meet resistance with curiosity and try to get as specific and clear as possible on what I am feeling with deep self-compassion.

(In time this can become an automatic behavior!)

What am I feeling right now?

Angry

Apathetic

Exhausted

Sad

Lonely

Happy

Joyful

Surprised

Embarrassed

Defeated

Ashamed

Guilty

Resigned

Annoyed

Overwhelmed

Or _____

Or _____

Or _____

What do I need right now?

Support

Rest

Breath

Distraction

Silence

To vent

To express my truth

Boundaries

To meet/feel my feelings

Self care

To let go

Or _____

I'm feeling (reaction) _____ because _____.

What I really want or need is _____.

Ways I *could* specifically meet this need:
