



Journal Prompts for Cravings

Get curious instead of critical

Cravings are messengers — not failures

A craving is your body or brain asking for something. Sometimes it's food. Often, it's rest, connection, comfort, or dopamine. Writing it out — even for 2 minutes — creates a pause between urge and action. That pause is where change lives.

HOW TO USE THIS GUIDE

1 Set a 3-minute timer

You don't need to journal for hours. Short is powerful.

2 Pick ONE prompt

Whichever calls to you — no perfect choice.

3 Write without editing

Bad grammar welcome. This is for you, not readers.

4 Read it back once

Notice patterns over time. Insight = power.

IN-THE-MOMENT PROMPTS (5 MIN)

- Q. What am I actually feeling right now — beyond 'hungry'?
- Q. When was the last time I ate? Was it enough protein?
- Q. Am I thirsty? Tired? Bored? Lonely? Anxious?
- Q. What would 10-minutes-from-now me thank me for?
- Q. If food weren't an option, what would soothe this feeling?

COACH'S TIP

The goal isn't to never crave. It's to know yourself well enough to answer with wisdom, not autopilot.





Deeper Prompts

For when you have 10 quiet minutes

PATTERN PROMPTS (WEEKLY)

- Q. What time of day do my cravings hit hardest?
- Q. Which emotions send me to food most often?
- Q. Which foods feel like 'love' — and where did I learn that?
- Q. When I eat past full, what am I usually avoiding?
- Q. What did my body ask for this week that I ignored?

COMPASSION PROMPTS

- Q. What would I say to a friend feeling this exact craving?
- Q. What did I do WELL today, no matter how small?
- Q. How is my body helping me right now?
- Q. What am I proud of on this journey — even the tiny things?
- Q. If I couldn't fail, what would I try this week?

REFRAME PROMPTS

- Q. What's one lie I've believed about my body I want to release?
- Q. Who am I becoming through this process?
- Q. What does 'healthy' mean to me — beyond a number?
- Q. What would enough feel like — in my body and life?
- Q. What would I do differently if I fully trusted myself?





The Craving Decoder

A quick tool for real-time cravings

Cravings decoded

Most cravings aren't random. Match your craving to a possible root — then choose your response. Getting curious changes everything. This is the same decoder from our Sugar Swap guide, expanded for daily use.

WHAT YOUR CRAVING MIGHT MEAN



Sweet cravings

Blood sugar dip, low protein, or stress. Try protein first + 10 min walk.



Salty cravings

Often dehydration or electrolyte imbalance. Have water + a pinch of salt.



Crunchy cravings

Usually stress or need to release tension. Try apple + celery.



Creamy/fatty cravings

Could be low fat intake or comfort-seeking. Try avocado or Greek yogurt.



Chocolate cravings

Often magnesium deficiency (especially PMS). Try dark 70%+ chocolate.



Bread/carb cravings

Serotonin dip or restriction rebound. Whole grain + protein pairs.



Late-night cravings

Under-ate during day OR bedtime habit loop. Herbal tea + brush teeth.

THE 5-MINUTE PAUSE PROTOCOL

1. Drink 8oz of water. Wait.
2. Ask: 'What am I feeling right now?' Name it.
3. Set a 5-min timer. Do something else — anything.
4. After 5 min, check in: still hungry? Or was it something else?
5. If still real — eat mindfully, no shame. If not — you learned something.

A GENTLE REMINDER

Every craving is a chance to learn about yourself — never a moral failure. The goal isn't to be a robot. It's to eat with awareness, not autopilot.

