

10 Steps to Get Through a Craving

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Slow it down	In the beginning, you are just trying to create some breathing room and this is where you will eventually find the power to break the dependency.
Sit with your craving	The point to is feel the craving thoroughly and in your body. Sitting with a craving means getting out of your head thinking about the craving and to feeling the craving in your body
Tune Into Your Body and Feel the discomfort	When a craving hits, imagine getting out of your head and using your imagination to scan your body. You are looking for a place in your body that feels UNCOMFORTABLE. Rest your attention there. This discomfort may feel intense at first, but it will begin to dissolve after about a minute or two.
Have some go-to phrases	I keep a list of easy to remember phrases to deal with any intense cravings. Create your own as well. <ul style="list-style-type: none">• <i>It will not be any easier tomorrow or any other day.</i>• <i>Each craving I let myself feel brings me closer to freedom from it</i>• <i>This craving will only last a couple of minutes</i>
Ask yourself what you really need	Once the intensity has passed, rest your hand wherever you felt that discomfort. Ask yourself, what is it you really need. And listen.
Have plans in place	This is super helpful. Your plan will depend on what your craving is, when it happens, and what triggers it. To head off snacking, you will plan on filling meals, so you won't be hungry. To not drink, you might have non-alcoholic drinks available. If you are going to a get-together, bring whatever you need to keep you comfortable.
Thank all your cravings	Tell that part of you, " <i>thank you.</i> " At the moment you may hate your cravings and hate yourself for not being strong enough to resist. Your cravings actually are here to help you. They are trying to help you feel better and avoid some pain.
Give yourself praise	Every day give yourself praise for your efforts. This is tremendously important to the process. Think about it this way. You are taking something away from a scared, anxious part of yourself.
If you give in	In the beginning you may find yourself giving in more than resisting. My clients will often feel bummed that they can't resist every day. That's okay. You still learn from the process and it's all data you can use. Instead of being mad at yourself, look for all the ways you did better. Examine what was going on in your head and body when you gave in and compare that to the times when you didn't.