

Understanding My Cravings

Cravings can rise and fall like a wave. Tracking them can help you learn what affects them.

Date / time

What was happening just before the craving?

What was I thinking or feeling?

Craving intensity (0-10)

What did the craving feel like in my body?

What did I do next?

How long did the strongest part last?

What helped it reduce, even slightly?

What can I learn from this craving?