

MIND • BODY • FOOD

NOTICE THE PATTERN

When Do Cravings Show Up

Explore what tends to accompany a strong food craving

Cravings can appear alongside physical hunger, restriction, tiredness, stress, emotion, sensory seeking, habit or environmental cues. A quick note can reveal context without treating the craving as a problem to eliminate.

Space to Breathe Therapy

Why noticing patterns can help

Cravings can appear alongside physical hunger, restriction, tiredness, stress, emotion, sensory seeking, habit or environmental cues. A quick note can reveal context without treating the craving as a problem to eliminate.

What this exercise can offer

- A record made close to the moment, rather than relying on memory alone.
- A way to notice repetition, variation and exceptions across several days.
- Useful information for choosing practical support or discussing concerns with a professional.

Observe without judging

The tracker is not a test and does not need perfect numbers. Approximate ratings and short notes are enough. Patterns are clues for reflection, not proof of cause.

How to use this tracker

- 1 Record several cravings as soon as practical.
- 2 Include hunger, mood, stress and time since eating.
- 3 Notice whether particular places, routines or emotions recur.
- 4 Use the pattern to consider what support or nourishment may be needed.

When you look back

Ask what tends to happen together, what is different on easier days, and where a small adjustment or extra support might help. Keep alternative explanations in mind and avoid changing several things at once if you want to understand a pattern.

Your pattern tracker

Time

What I was craving

Hunger 0 to 10

Mood

Stress 0 to 10

When I last ate

What was happening

Important context

A craving is not a moral failure. It may carry useful information, and it is also allowed to be simply a preference.