

Cravings meditation

Sweetheart, it's ok that you crave food, you don't need to worry about it.

Let's explore this craving a bit. **What specific food do you crave and how much of it would satisfy you?**

Is this feeling coming from your tummy or from your head? I know it's sometimes difficult to tell, don't worry, it's ok. Let's tune in a bit more.

Why do you want to eat right now? Do you feel grumbling or emptiness in your stomach. Do you feel light-headed or shaky? Do you feel grumpy or have a headache? Has it been a few hours since you had your last meal? Does any food sound good? If so, where are you on the hunger scale?

If you are genuinely hungry in your tummy eat some nutritious food. First, imagine eating the portion of the food and how much you will need to feel satisfied. WHERE would you like to enjoy your meal? WHO would you like to eat with? Consider options that sounds best to you!

Eat slowly and mindfully. Pay attention to feelings of satisfaction within you as you eat. FEEL your stomach as it gets full and breathe in and feel your stomach on your diaphragm to know you had enough food.

Exaggerate the feeling of satisfaction and fullness. You want to feel satisfied after eating, not guilty or shameful. Even if you chose unhealthy food or ate more than you wanted to, don't beat yourself up. Tune into the feeling of satisfaction with the food in your tummy. You feel satiated and satisfied. Feeling satisfied relaxes the body and it can concentrate on digesting the food as opposed to producing stress hormones when you feel guilty.

If the signals are NOT coming from your body, you have a nagging, intense craving for a specific food and you've just recently had a meal what could've triggered you to eat?

Maybe you thought about food and that triggered you to eat, maybe you saw food, maybe someone else was eating in front of you, maybe you smelled food or you prepared food for someone else.

Maybe you just seek some sensory stimulation.

Is it a habit that this time of the day you eat something and you automatically crave food even when you're not hungry?

Are you procrastinating and eating is an excuse to have some time before you start doing what you don't want to do or find hard to do?

Are you tired and you use eating to have some time to rest?

Do you feel like you deserve a treat?

Are you using food to avoid a feeling or release tension or numb yourself or escape reality?

Are you looking for comfort in food?

Try to backtrack. What has triggered your hunger?

Find the thought, then describe the thought... learn to notice the thought rather than act on it...
Learn to PAUSE.

How did your thought trigger you to eat? What environment are you in? Could that environment or a person there trigger you?

Is there an emotion or unmet need you need to address? How do you feel right now?

Tune into yourself now. Sit for a moment and ask yourself, what will this food give you that you can't give yourself.

Ask yourself what your needs and desires are in this moment.

Sweetheart, it is ok to feel this way and this feeling won't last forever. Dive into the thoughts and stories that may be making the situation worse than it really is.

Are you dramatizing? Is your reality better than what your head is making it out to be?

Remember when we "dramatize" our thoughts or when we catastrophise, we feel the need to escape. What story are you telling yourself that isn't true?

How intense is your food craving on a scale of 1-10?

What and how much food would satisfy your craving?

You have options here.

First, imagine eating the portion of food and how much it will take to feel satisfied. WHERE would you like to enjoy your meal? WHO would you like to eat with? Consider options to best support you!

Sometimes you might want to wait until you have better circumstances to be able to fully enjoy your food! Sometimes planning when you will have the food lessens the scarcity feeling around not being allowed to have it and makes the food less alluring.

Pause to reflect about how you will FEEL AFTER indulging your craving. Really take yourself into the imagined experience, and notice how you'll feel IMMEDIATELY after you finish eating, 5 MINUTES after eating, a few HOURS after eating, and the NEXT DAY. The NEXT WEEK if you engage in every craving. Consider the positive and negative consequences - not from a place of guilt or deprivation but genuine curiosity from a place of respecting your body.

How would you like to feel in 5 minutes? How would you like to feel in 15 minutes? How would you like to feel in a few hours? How would you like to feel next week? How would you like to feel in your body? How would you like your energy to be? How do you want to feel?

How strong is your craving right now?

If your craving is really strong right now you can eat a reasonable portion mindfully, no problem at all. Pay attention to mimicking feelings of satisfaction and satiety within you as you eat. FEEL your stomach as it gets full and breathe in and feel the food on your diaphragm to know you had enough food.

If you want to eat more tell yourself that you can eat this food again tomorrow. NO need to eat everything today. You have the rest of your life to eat. You can eat every single day.

If your craving is not so strong right now use something other than food to make yourself feel better and practice feeling good in the moment.

Ask yourself, what do I need in this moment besides food? What will food give me?

Ask yourself what your needs and desires are in this moment.

Do you need comfort? Peace? Rest? Someone to talk to? Distraction? Entertainment? Pleasure? Confidence? A helping hand? Reassurance that you are doing great?

You ARE doing great! You are doing enough! You are enough!

So what do you need sweetheart? How could you provide self-care, self-compassion and REAL comfort to yourself right now? Remember, comfort is not numbness, it's not pushing away your feelings and putting a useless food band-aid on your problem.

If you don't know what you need right now, that's fine too. Just tell yourself: I don't know what I need right now but I'm working on it.