

CRAVING-REMOVAL

PROCEDURE

A Step-by-Step Guide to Identifying, Profiling & Redirecting Cravings

01 AWARENESS

Pause and acknowledge that a craving is present. Bring conscious attention to the sensation without judgment — simply recognise it as a signal your mind is generating.

KEY ACTIONS

- ® Take a slow, deliberate breath before reacting.
- ® Name the feeling: "I notice a craving right now."
- ® Observe where the sensation is felt in the body.

02 IDENTIFY TRIGGER

Trace the craving back to its source. Triggers may be environmental, emotional, social, or habitual. Pinpointing the trigger is the first step toward neutralising it.

KEY ACTIONS

- ® Ask: What happened just before this craving appeared?
- ® Note time of day, location, mood, or people present.
- ® Look for patterns — triggers often repeat.

03 PROFILE

Build a detailed profile of the craving. Capture its characteristics — intensity, frequency, duration, and associated thoughts — so it can be objectively examined and addressed.

KEY ACTIONS

- ® Rate intensity on a 1–10 scale.
- ® Record the thought or belief fuelling the craving.
- ® Describe what the craving is "promising" you.

04 EDIT CRAVING PROFILE

Rewrite the narrative. Challenge inaccurate beliefs, question the perceived reward, and insert a realistic appraisal of what gratifying the craving actually delivers.

KEY ACTIONS

- ® Ask: Is this craving's promise actually true?
- ® Replace the distorted thought with a factual statement.
- ® Reduce the emotional weight by examining the evidence.

05 SAVE

Commit the updated profile to memory or a written record. Saving reinforces the reframe and creates a reference point for future encounters with the same craving.

KEY ACTIONS

- ® Write the edited profile in a journal or digital note.
- ® Read it back aloud to consolidate the new framing.
- ® Archive it for review when the craving resurfaces.

06 REDIRECT

Channel the energy of the craving toward a chosen, constructive alternative. Redirection replaces the habitual response with an intentional one, building a new neural pathway.

KEY ACTIONS

- ® Pre-select a go-to redirect activity before cravings occur.
- ® Engage the redirect immediately — delay weakens resolve.
- ® Reward yourself for the redirect to reinforce the habit.

CEASED CRAVING NEUTRALISED

Follow this procedure each time a craving arises. Consistency builds new pathways. Every redirect is a victory.

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