

# 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.



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