# The 3 F’s that help when you have cravings

## Feel: write down how you feel the next time you experience a craving

Every time you get a craving, take a pause and try to tune in to what exactly you are feeling. What is the underlying emotion? Is it really hunger or is it something else entirely? Do you feel stressed, bored, lonely? Did something happen? Don’t worry if you can’t identify the feeling right away. It will get easier with practice. It helps to write it down.

## Feed: write down how food (or alcohol) helps you feed the feeling

Now that you have identified the feeling, turn your attention to how you try to feed that feeling and resolve the underlying emotion with food or alcohol. What do you choose to eat or drink? Does it make you happier? Does it make you feel calmer or less stressed? Or is it simply a distraction? And if it helps, how long does it last? Does it completely resolve the underlying feeling or does that only last for a short while?

## Find: Find a way to deal with the underlying feeling that doesn’t involve food

Next time you feel a difficult emotion, experiment with one of these alternatives:

* Allow the feeling. It’s okay and doesn’t need to go away. Write down your feeling and give it a name.
* Go outside
* Do some yoga, some breathing technique or use an app like Headspace or Calm
* Phone a friend, have a chat with someone.
* Perform an act of kindness, like sending someone a text telling them how much you appreciate them
* Have a nap or a shower
* Drink a big glass of sparkling water
* Eat a spoonful of sauerkraut!

After you experimented with one of these options, pay attention to how you feel. Do you still have the craving?

This exercise is about observing and learning, not about blaming and shaming. Just having more awareness is the important bit!