

Craving Journal

Date:

I am craving	I am (needs)	Body Sensations	What I expect to feel after indulging my craving.
	tired	Mouth watering	full
	anxious	Belly rumbling	happy
	lonely	Tight shoulders	relaxed
	angry	Low back pain	content
What Did I Do?	hungry	Rapid heart rate/breathing	satisfied
	thirsty	Dry mouth	safe
	overwhelmed	Feel distracted by craving	warm
	Other:	Other:	rested
			Calm, relaxed
			loved
			Other:

What/How do I feel after indulging the craving? (choose any of the above)

Was there a point when indulging the craving that I felt I had enough, or that it wasn't so enjoyable anymore?

(No judgement here) Did I notice it at the time? Y/N

Thoughts/Notes: