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Cravings – Worksheet

These steps are to overcome addictive cravings, for example cravings for chocolates and chips.

1. Begin by bringing into your awareness a substance that you crave, for example chocolates or chips. If you have the craving substance available, begin by having the substance on a tissue or in a small glass, and look at it and smell it.
2. Once you have looked at and smelt the substance, then ask yourself:
 - *How badly do I want this _____ (substance name) on scale of 1 to 10, where 10, where 10 is really badly and 1 is not badly at all? You are gauging the level of the craving.*
 - *What is it that I love about the substance? For example, yummy, chocolatey, sweet, salty. Write it down, _____*
 - *How does consuming the substance make me feel? For example, calm, happy, comfort. Write it down, _____*
3. Begin by tapping at the side of the hand (Karate Chop) with the answers to the questions in Step 2: *“Even though I have this craving for this _____ (name of substance you crave) and it’s at a number _____ (how badly you want it) and what I love about it is, _____ (what you love about the substance) and when I take it, it makes me feel _____ (feeling), I love and accept myself.”*
4. Repeat a second time by tapping at the side of the hand (Karate Chop) with the answers to the questions in Step 2: *“Even though I have this craving for*

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this _____ (name of substance you crave) and it's at a number _____ (how badly you want it) and what I love about it is, _____ (what you love about the substance) and when I take it, it makes me feel _____ (feeling), I love and accept myself." Be a little playful with it.

5. Repeat a third time by tapping at the side of the hand (Karate Chop) with the answers to the questions in Step 2: *"Even though I have this craving for this _____ (name of substance you crave) and it's at a number _____ (how badly you want it) and what I love about it is, _____ (what you love about the substance) and when I take it, it makes me feel _____ (feeling), I love and accept myself."* Be a little playful with it.

6. Then tapping on the facial and the upper body parts using the reminder phrase while saying the reminder phrases out loud:

- Eyebrow point: *this _____ (substance that you crave)*
- Side of the Eye/Temple: *at number _____ (SUDs)*
- Under the Eye: *and I really want it because it makes me feel _____ (feeling or sensation)*
- Under the Nose: *makes me feel so _____ (feeling or sensation)*
- Chin: *I love this because it's so _____ (write what you love about it)*
- Collarbone: *so _____ (write what you love about it)*
- Thumb: *so _____ (write what you love about it)*
- Index finger: *I want it now because _____ (the reason you want it)*
- Middle finger: *this _____ (substance that you crave)*

- Little finger: so _____ (*what you love about it*) and I want it now.
7. Close the sequence by tapping on the Karate Chop, *“Even though I have this craving for this _____ (name of substance you crave) and it’s at a number _____ (how badly you want it) and what I love about it is, _____ (what you love about the substance) and when I take it, it makes me feel _____ (feeling), I love and accept myself.”* Be a little playful with it.
 8. Take a gentle breath in and out, and then a sip of water.
 9. Then look at and smell the substance again, and check how badly do you want it on a scale of 1 to 10, where 10 is really badly and 1 is not at all. Sometimes the smell of the substance can change. Just write down the number: _____. If there is still a charge or desire for the substance, repeat from Step 2. After a second round, if the charge is still high (higher or same as before) go to the step below. If it’s not high, about 4 or 5/10, or you have lost the desire for the substance, go to Step 17.
 10. Bring into your awareness the feeling that you feel when you take the substance, for example comfort, happy, safe. Then ask yourself, *“When have I not felt that feeling before?”*. Write down the ages and times in life when you have not felt that feeling before (age and a one sentence or one word description of what happened) _____
 11. Then begin the set up by tapping on the side of the hand (Karate Chop), *“Even though _____ (describe what happened) and it made me feel _____ and it’s a number _____, I love and accept myself.”* Repeat 3 times.

12. After tapping on the Karate Chop 3 times, tap on the facial and upper body points using the reminder phrases:

- Eyebrow point: _____ (*what happened*)
- Side of the Eye/Temple: _____ (*what happened*)
- Under the Eye: _____ (*what happened*)
- Under the Nose: *made me feel* _____ (*the feelings*)
- Chin: *so* _____ (*the feelings*)
- Collarbone: *really* _____ (*the feelings*)
- Thumb: _____ (*what happened*)
- Index finger: _____ (*what happened*)
- Middle finger: _____ (*what happened*)
- Little finger: *so* _____ (*the feelings*)

13. Close the sequence by tapping on the Karate Chop: “*Even though* _____ (*describe what happened*) *and it made me feel* _____ *and it’s a number* _____, *I love and accept myself.*”

14. Take a gentle breath in and out, and take a sip of water.

15. Test the past story by checking the SUDs and retelling the story out loud. Focus on the aspect connected to the part of the memory when you did not feel the emotion that you feel when you consume the craving substance. If there is still a charge, repeat from Step 11 till the number comes down and it feels manageable. Repeat for all the different incidents. Once you can retell the past stories where it feels manageable, move to the next step.

16. Test by smelling the substance that you crave and seeing how it feels to look at it. If the craving has come down to 3 or below, proceed to the

next step. If it's 3 or above, go back to Step 2. Generally, tapping on the memories releases the craving completely.

17. Now that the craving has come down, close your eyes and bring into your heart the positive feeling that you feel when you take the substance. Then as you stay connected to that the feeling, tap on the side of the hand (karate chop): *"Even though I feel _____ (positive feeling) when I take the substance, I am open to the possibility to feeling it now anyway."*

18. Then tap on the following points:

- Top of the head: *I choose to feel _____ (positive feeling)*
- Eyebrow point: *I love feeling _____ (positive feeling)*
- Side of the Eye/Temple: *I enjoy feeling _____ (positive feeling)*
- Under the Eye: *I am so excited to be feeling _____ (positive feeling)*
- Under the Nose: *I am happy to be feeling _____ (positive feeling)*
- Chin: *I choose to feel _____ (positive feeling)*
- Collarbone: *I love feeling _____ (positive feeling)*
- Thumb: *I enjoy feeling _____ (positive feeling)*
- Index finger: *I choose to feel _____ (positive feeling)*
- Middle finger: *I love feeling _____ (positive feeling)*
- Little finger: *I am so happy to be feeling _____ (positive feeling)*

19. Repeat Step 17 as often as needed. You can stop when the craving has come down to 3 or below, or the desire for the substance has gone. In

many cases, you will no longer want the substance or will say to yourself, *"I can take it or leave it."*