

## In Case of a Craving

- Focus my thoughts on something else
- Remember what I really want (see below)
- See the food in a different light
- Imagine eating more than I want
- Count the exercise cost
- Say I'm not interested
- Take a brisk walk
- Mindfully accept the craving (see below)

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## Remember What I Really Want

What do I want more than this food?

Why do I want it?

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## Mindful Acceptance (RAD)

- Recognize—"I'm having a craving."
- Accept—"It's OK. It's natural and nothing to feel guilty about. It doesn't mean I'm hungry."
- Defuse—"It's only a passing emotion. I don't have to follow it."

## Prevent a Binge

- "I'm exiting now." (Curl toes)

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