SIGNALS WITHIN · AT-HOME WORKSHEET

Calm the Craving

With Nicole Myers Henderson. Use this any time a craving or urge shows up: notice what it feels like, what emotion travels with it, and let its intensity ease.

Before you begin

This worksheet is for noticing, not fixing. There is no right answer and nothing to judge. A craving is a signal, and your only job is to listen to it with curiosity.

- Find a quiet place and a few unhurried minutes.
- Work with one craving at a time: one you can feel now, or one you know well.
- Breathe slowly and let your shoulders drop before you start.
- If a thought like "I shouldn't feel this" shows up, notice it, thank it, and set it aside. It is simply another signal.

> **No judgment. No criticism. Just noticing.**

Step 1 · Name the craving

What am I craving or wanting to do right now?

How strong is it? Circle one.

0 1 2 3 4 5 6 7 8 9 10

Where am I, and what time is it?

Step 2 · Notice it with your senses

Close your eyes for a moment and let the craving show itself. Don't analyze it. Just describe what you sense. If this craving were…

A color

A texture (rough, sticky, sharp, heavy, buzzing…)

A sound

A size or shape

A place in my body

Step 3 · What emotion comes up?

Hold the craving in mind and ask gently: *What am I feeling right now?* Cravings often travel with an emotion we haven't named yet. Naming it is not a confession or a diagnosis. It is information. Circle any words that fit. More than one is normal.

Sad	lonely · empty · missing someone · disappointed · grieving · left out
Anxious	worried · restless · overwhelmed · unsafe · on edge · rushed
Angry	frustrated · resentful · irritated · unheard · trapped
Tired	drained · depleted · numb · bored · flat
Hurt	rejected · ashamed · not enough · embarrassed · guilty
Wanting	comfort · a reward · a break · connection
Calm or glad	relieved · celebratory · content · playful

The emotion I notice most is…

How strong is the emotion? Circle one.

0 1 2 3 4 5 6 7 8 9 10

Where do I feel it in my body?

What happened just before the craving showed up?

What might this craving be trying to give me? (comfort, rest, relief, company…)

Have I felt this emotion and this craving together before? When?

> Whatever you found is welcome. You are not your craving and you are not your emotion. You are the one noticing both.

Step 4 · Tap to let it ease

Use two fingertips and tap lightly, about five to seven times on each point. Fill in the blanks with your own words from Steps 2 and 3.

Setup. Tap the side of your hand (the karate-chop point) and say three times:

> "*Even though I have this _____ craving for _____, and I feel _____, I accept myself and I'm open to letting it ease.*"

Round. Tap each point while saying a short reminder phrase, such as "this _____ craving" or "this _____ feeling."

POINT	WHERE
Eyebrow	Inner edge of the eyebrow, near the nose
Side of eye	On the bone at the outer corner of the eye
Under eye	On the bone below the eye
Under nose	Between the nose and upper lip
Chin	In the crease below the lower lip
Collarbone	Just below the inner end of the collarbone
Under arm	About four inches below the armpit
Top of head	The crown of the head

Take a slow breath. Notice the color, texture and sound again. Repeat a round as many times as feels right.

Step 5 · Notice what changed

	BEFORE	AFTER
Craving strength (0–10)		
Emotion strength (0–10)		
Color, texture or sound		

What shifted, even a little?

What does my body want now?

One kind thing I can do for myself next

Any change counts, and so does no change. Noticing is the practice.

My pattern log

Over the next week, jot down each craving you notice. After a few days, look back for patterns: which emotions keep showing up with which cravings, and at what times or places. Simply seeing the pattern is the work.

DAY & TIME	CRAVING	EMOTION I NOTICED	WHAT HAPPENED JUST BEFORE	STRENGTH BEFORE / AFTER

Looking back: an emotion that showed up more than once

The craving it most often came with

A time, place or situation I noticed it most

What I'm curious to watch for next

Calm the Craving in one minute

1. **Name it:** "I'm craving _____. Strength: ___ out of 10."
2. **Sense it:** "It's _____ colored, feels _____, sounds like _____."
3. **Feel it:** "Underneath, I feel _____." No judgment.
4. **Tap it:** side of hand, eyebrow, side of eye, under eye, under nose, chin, collarbone, under arm, top of head.
5. **Notice:** "Now it's ___ out of 10. What I need is _____."

Keep going. Next Signals Within: *Release Survival Anxiety*, Friday, December 11, 2026, 1:00 PM Eastern on Zoom · seeinfinitely.com/classes. Bring one question to Quantum Echo, from $3.99 · quantumapp.seeinfinitely.com

This worksheet is for education and self-reflection. It is not medical or mental-health treatment. If a craving feels unsafe or out of control, please reach out to your doctor or a qualified professional.

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