

CORE EMOTIONAL CLEANSING



craving to emotional root to specific body part

Cravings

Describe how it feels. When do you become aware of it? What's your inner dialogue when you crave?

Substance

Identify substance (food, person, place, thing). What feeling or state does it give you that you enjoy?

Symptoms

Identify symptoms (obsession, not caring, tired, bloating, etc). How do they feel physically and emotionally?

Identify Core Emotional Roots

Use BOS - Breathe, Observe, Surrender - with equanimity. Witness feelings/thoughts. Write in detail.

Is there a feeling in your body - and/or emotionally - that you're disconnected from, and replacing with food or substance, what is the feeling? Write in detail.

Describe in detail childhood memories and/or life experiences associated with the above that left feelings of longing, lack, not feeling good enough, etc.

Identify Body Parts

Is there an emotional root to your feelings - lodged in your body? If so, where? How old is it?

What I Really Want...

What are you truly craving, beyond substances?

Why I'm Making Different Choices

Why are you making other choices? What are your personal values that support this?

I Can, I Have, I Am...

Write about how capable you are. List all you are grateful for. Focus on positive languaging.

Tools & Plan

What are your tools when you crave? When do you use them in order to make different choices?

What's your plan for navigating cravings and making fresh choices that support what you really want?