



OPERATION: BEAT YOUR CRAVINGS

MISSION: To Beat Your Cravings

THE FEELING: Freedom, power, choice. This week is all about getting our power back and letting go of cravings.

THE BENEFITS: By replacing thoughts of pleasure with repulsion you will be able to lose all compulsive desire and beat your cravings.

YOUR ASSIGNMENTS: Do each activity at least once over the next seven days. Repeat as desired for maximum effect.

- **Craving Buster Repulsion Exercise (8 mins).** Shifts your mind's desire for your craving food by creating images that repulse you.
- **Craving Buster Repulsion Video (2 mins).** Watch this video to be instantly put off the junk and processed food that you have been craving.
- **Target Your Triggers CBT worksheet (15 minutes).** Link any behavioural or emotional links to your craving / bingeing behaviour.

[Click HERE to play your sessions!](#)

