

Decision Making- ENHANCE YOUR COPING SKILLS

DECISIONS

D.I.Y.SELF-CARE WORKSHEET

Invest 45min - 60 min on yourself

YOU ARE ABOUT TO DO A LITTLE BIT OF BRAIN REWIRING! USING THE 3 STEP THOUGHT PROCESS FOUNDED BY ROBERT GENE SMITH. THIS WORKSHEET IS DESIGNED BY DIYMENTALBOOST USING THE 3 STEP THOUGHT PROCESS

STEP 1
FOCUS

STEP
DISTRACT

STEP 3
GO HAPPY

SCAN QR CODE
TO UNDERSTAND THE 3 STEPS



WHAT IS BRAIN REWIRING?

It is a basic skill of life like writing and reading.
ANYONE who wants to know; how to guide the brain to release unwanted LINGERING emotions.
\$5 DONATIONS WELCOMED
DIYMENTALBOOST.COM

As a result, instead of circumstances dictating your moods in life an individual can effectively and productively navigate through LIFE SITUATIONS. Anxiety triggers cease to exist while self-worth and productivity skyrocket. THE MYTH that it's "hard" to self-regulate emotions is debunked
WHEN YOU FILL THE GAP IN OUR BASIC SKILLS EDUCATION!!

\$5 donations welcomed



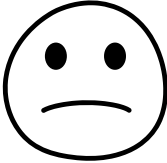
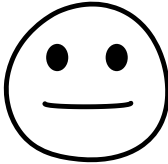
CRAVINGS - ENHANCE YOUR COPING SKILLS

CRAVINGS

D.I.Y.SELF-CARE WORKSHEET

Invest 45min - 60 min on yourself

HOW GOOD DO YOU FEEL ABOUT CRAVINGS?

			
Not Great	Sometime not great	Depends	Pretty Good

TYPES OF CRAVINGS DO YOU HAVE?

- ☐ FOOD
- ☐ ALCOHOL/DRUGS
- ☐ SMOKING

VISUALIZE CRAVINGS
BEING UNCHAINED FROM
YOUR CRAVINGS.

Step 1

WHAT ARE YOUR CRAVINGS...AND
WHEN DO THEY OCCUR?

1st craving experience...a bond created with food?

How did you feel? What factors or who was involved?

*just
breathe*

STEP 2 DISTRACTION

USING YOUR OPPOSITE WRITING HAND WRITE DOWN
5 ARTICLES OF CLOTHING -



STEP 3

NOW IMAGINE SOMETHING VERY
HAPPY YOU HAVE EXPERIENCED



**CRAVINGS
ARE HABITS
THAT CAN CHANGE
WHEN THE SOURCE
OF THOSE CRAVINGS
ARE ADDRESSED**

**FOOD FOR
THOUGHT**

STEP 1 - GO BACK TO PAGE 1 / Think BRIEFLY about all "the reasons CRAVINGS is HARD to break or control.

STEP 2 DISTRACTION *just breathe*

USING OPPOSITE WRITING HAND WRITE DOWN "6" CITY NAMES
or just spell them backwards in your mind

STEP 3

NOW IMAGINE SOMETHING VERY
HAPPY YOU HAVE EXPERIENCED



WHAT ARE YOUR
SENSATIONS AFTER SEEING/
IMAGINING
SOMETHING HAPPY, CALM,
PEACEFUL, FUN OR JOYFUL?

Food For Thought

TV, social media, magazines,
family and friends or peers.

All above can influence what
cravings. Is there fear, lack or
guilt attached. What is the
craving fulfilling/covering?

Is it attached to a person?
Ex: A mom who passed who used
to always comforted you with
cookies

STEP 1 - Look at your cravings, they tell you to do what? How intense do they feel? Are they too powerful? Will they always exist and you must struggle? What draws you, the sweet, salty, crunch or etc? Do you hear words that emotionally charge food?



STEP 2 DISTRACTION

WRITE DOWN USING YOUR OPPOSITE WRITING HANDS 5 FRUIT or VEGETABLES

STEP 3

NOW WATCH SOMETHING
LIGHTHEARTED



WHAT ARE YOUR
THOUGHTS AFTER FEELING
SOMETHING HAPPY, CALM,
PEACEFUL, FUN OR JOYFUL?

CHECK IN ON
HOW YOU FEEL ABOUT
"weight loss"



10-8



7-5



4-2



1

STEP 1 - WHO OR WHAT TELLS YOU GETTING RID OF CRAVING IS DIFFICULT? WHAT HAS BEEN YOUR FAILURES AND HOW DID YOU FEEL? YOUR FEELINGS OF HELPLESSNESS TO THESE CRAVINGS?



STEP 2 DISTRACTION

SCATTEGORIES

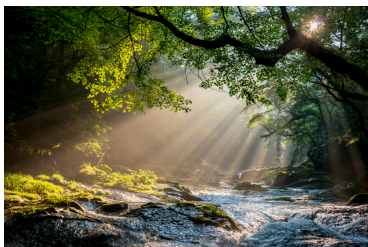
1. EXPENSIVE THINGS
2. ANIMAL
3. SOMETHING YOU DRINK
4. CITY
5. A FREE ACTIVITY
6. SOME THING THAT COST OVER \$100
7. OCCUPATION
8. SPORTS TEAM
9. COMEDY MOVIE OR COMEDIAN
10. ANY WORD
11. DESSERT
12. COLOR

SELECT A LETTER AND WRITE
DOWN AN ANSWER THAT STARTS
WITH THAT LETTER

A B C D E F G H I J L M
N O P Q R S T U V W X
Y Z

1. _____ 7. _____
2. _____ 8. _____
3. _____ 9. _____
4. _____ 10. _____
5. _____ 11. _____
6. _____ 12. _____

STEP 3



NOW IMAGINE
SOMETHING VERY
SERENE OR PEACEFUL
YOU HAVE
EXPERIENCED (FEEL IT)
or watch a visual video



STEP 1 - WHAT IS YOUR WORSE FEAR ABOUT CRAVINGS? IS THERE ANY DISADVANTAGES OF NOT HAVING CRAVING?
 (Jealous mate/friends with same issues, sagging skin, fear of relapsing, fear of failing)

STEP 2 DISTRACTION *just breathe*

SCATTEGORIES

1. THINGS THAT ARE YELLOW
2. ANIMAL
3. SOMETHING YOU DRINK
4. CITY
5. FREE ACTIVITY
6. SOMEPLACE YOU SPEND MONEY ON
7. CARTOON CHARACTER
8. BRAND NAME
9. COMEDY MOVIE
10. CHILDREN'S TOY
11. SOMETHING THAT ROLLS
12. COLOR

SELECT A LETTER AND WRITE DOWN AN ANSWER THAT STARTS WITH THAT LETTER

A B C D E F G H I J
 L M N O P Q R S T U
 V W X Y Z

- | | |
|----------|-----------|
| 1. _____ | 7. _____ |
| 2. _____ | 8. _____ |
| 3. _____ | 9. _____ |
| 4. _____ | 10. _____ |
| 5. _____ | 11. _____ |
| 6. _____ | 12. _____ |

STEP 3



NOW THINK OR IMAGINE SOMETHING VERY PEACEFUL YOU HAVE EXPERIENCED (FEEL IT) or watch a video

STEP 1 - HOW BIG DO CRAVINGS LOOK!! ARE THEY IN COLOR? DO YOU TASTE IT? DO YOU SMELL IT? HOW DO YOU SEE IT? HOW DO YOU TRICK YOUR MIND TO CONTINUE. "I'LL START TOMORROW, JUST ONE MORE"

STEP 2 DISTRACTION *just breathe*

SCATTEGORIES

1. MEDICINE
2. ANIMALS ON A FARM
3. SOMETHING YOU PUSH
4. CITY
5. SOMETHING YOU RIDE
6. SOMEPLACE YOU SPEND MONEY
7. TV SHOW CHARACTER
8. SOMETHING IN A ZOO
9. THINGS YOU BORROW
10. CANDY NAME
11. SOMETHING COLD
12. COLOR

SELECT A LETTER AND WRITE
DOWN AN ANSWER THAT
STARTS WITH THAT LETTER

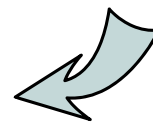
A B C D E F G H I J
L M N O P Q R S T U
V W X Y Z

1. _____ 7. _____
2. _____ 8. _____
3. _____ 9. _____
4. _____ 10. _____
5. _____ 11. _____
6. _____ 12. _____



IMAGINE
FUN!

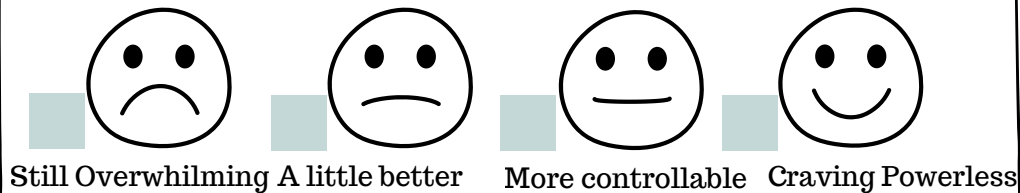
STEP 3



CRAVINGS

RE-EVALUATE

How STRONGLY does the "thought" of CRAVINGS make you feel now?

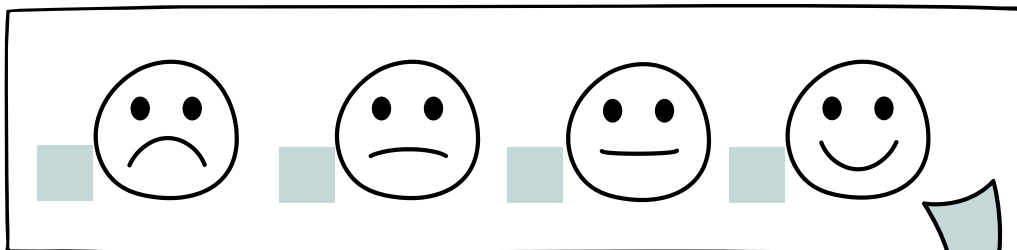


VISUALIZE PRACITCE: IMAGINE YOURSELF AND LOVING YOURSELF JUST AS YOU ARE. THE MORE LOVE THE SAFER THE BODY WILL FEEL AND EASILY ENHANCE ITSELF!!!

CRAVING

EVALUATE PDF

DO YOU FEEL THIS GUIDE HELPED?



ORDER: UNIQUE MOTIVATIONAL
NOTEBOOKS
EDUCATE YOUR MIND

