

The CRAVE Method

What's your personal hang-up? The one you just can't seem to shake. Are you frustrated and feeling out-of-control, unable to change it even though you know what to do but you still can't seem to do it?

We all have habits that need changing. One's that keep us stuck and far from being our best selves. We've read the books, listened to the podcasts, bought into the hype, and yet, still feel frustrated as we fail once again. Why? Because change is hard.

You, my friend, are in the right place. Welcome to the CRAVE Coach framework. A 5-prompt system designed to break bad habits and build better ones. You can also access this technique as a digital download to your phone and launch it for a real-time coaching experience to help you navigate the cravings that are keeping you stuck.

These five mental prompts are designed to coach you, step-by-step, through the critical moments of any craving in real-time. Whether you struggle with food, a compulsive habit, or an anxious mindset, this technique, over time and through repetition, will become your new coping strategy. It's simple, practical, and easy to remember:

- C | Confess** *Confess* your craving with a simple prayer for help
- R | Reset** *Reset* your routine by rehearsing a new and better plan
- A | Accept** *Accept* feelings of discomfort knowing they will pass
- V | Visualize** *Visualize* what your 'healthy-self' would do
- E | Engage** *Engage* in a helper habit that promotes success



Although the mechanics of the framework are simple, change is not. It rubs against our natural inclination for immediate gratification. The reality is, we only have split seconds to change our mind when we are triggered with a craving. If we don't stop the momentum and make a better choice in that moment, we will fall to the mercy of old behaviors every time.

Whether your goal is to break a bad habit, an addictive behavior, or stave off relapse, this technique is for you! Each time you feel a temptation coming on, use this 5-prompt framework or launch the CRAVE coach digital tool on your phone. Doing so will feel clunky and awkward at first. Don't give up. Fight through the feelings of discomfort and the urge to abort the process. It will get easier over time.

Make no mistake, this is not a passive experience. This journey will take effort. But rest assured, God will give you what you need to endure. But be aware that impulse is powerful. It will surely kick in and demand you return to what is familiar; expect it. Therefore, making a commitment to engage the tool, even when it's hard, is vital.

Remember, this is a process so focus on *progress, not perfection*. Truth is, change takes time. When you suffer a set back, learn from it and move on. Our ultimate goal here is to learn how to navigate our cravings in new and healthier ways. So the big question is: Are you ready to break the cycle and live free? **BE BOLD. BE BRAVE. BE FREE!**

Galatians 5:1; It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery. BeyondTheCraving.com