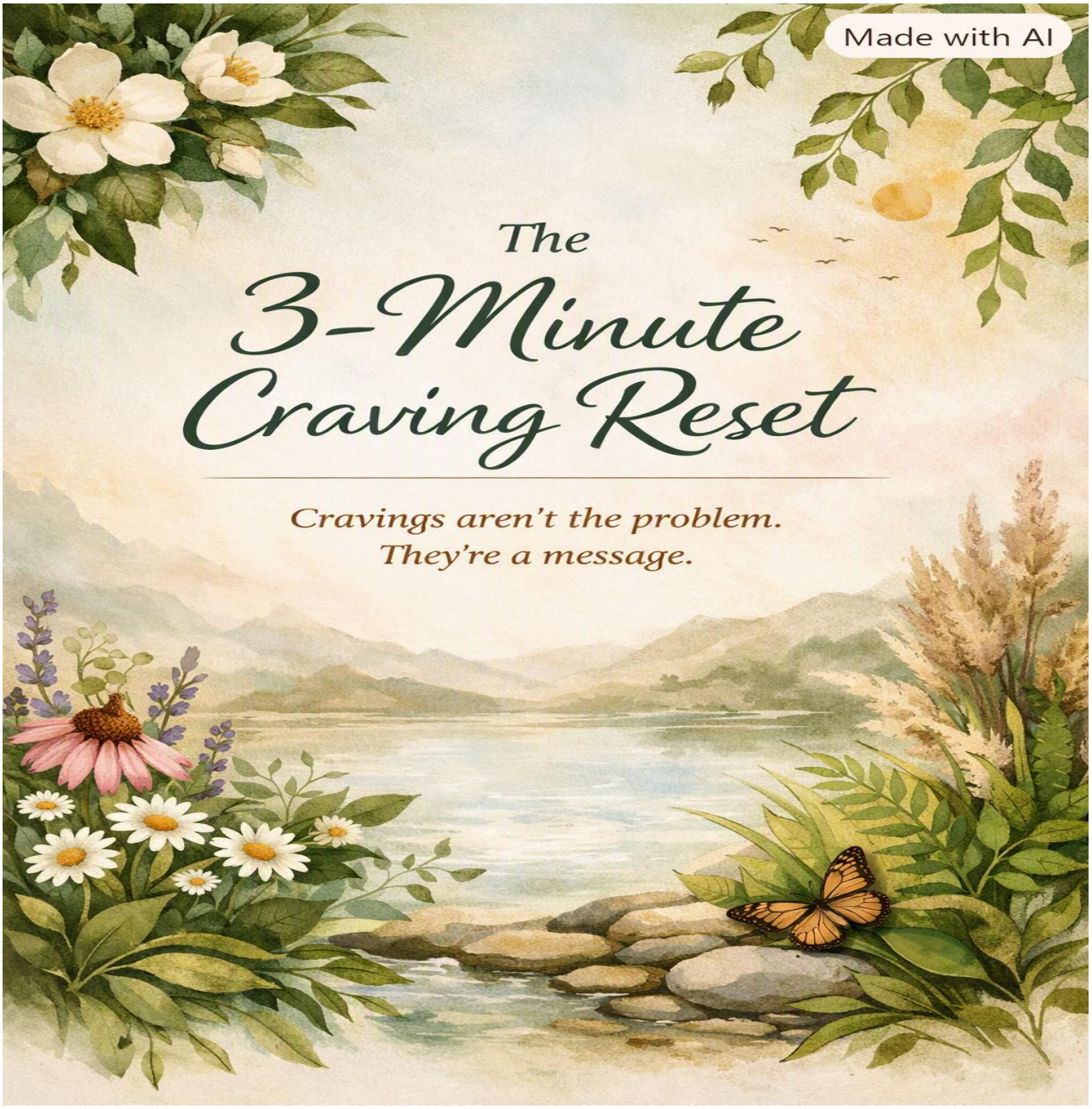
A SOMATIC WELLNESS PRACTICE

3-Minute Craving Reset

A Somatic Practice to Befriend Your Nervous System

"Cravings aren't the problem. They're a message."



You know the feeling. One moment you're fine — and then, without warning, a craving arrives. It arrives with a kind of urgency that feels almost physical, a pull toward something you can't quite name. Maybe it's food. Maybe it's a habit. Maybe it's just the ache for relief from something that feels like too much.

Here's what most of us were never told: cravings are not moral failures. They are not evidence that something is broken in you, or that your willpower has run dry. They are signals — your nervous system's way of reaching for regulation. Your body is not your enemy in these moments. It is asking, as clearly as it knows how, to be met.

When we meet a craving with presence — not resistance, not indulgence, just honest, grounded attention — something shifts. Not dramatically. Not always permanently. But something real moves. The urgency softens. A little space opens. And in that space, you get to choose.

This practice is an invitation to that space. It is not another self-improvement project. It's not a technique to make cravings disappear. It's a moment of honest self-inquiry — three minutes of turning toward yourself with curiosity instead of judgment.

This isn't about controlling cravings. It's about understanding what they're trying to tell you.

Before You Begin

- You don't need to make the craving go away. Its presence here is welcome.
- There's no right or wrong way to feel during this practice — whatever arises is information, not failure.
- You can do this anywhere — seated, standing, eyes open or softly closed. No special setting required.
- Even three minutes of honest presence can shift your state. You don't need more time than that right now.

The 3-Minute Craving Reset

Move through each step slowly. There is no hurry here.

Step 1 · Be Aware of Your Body-

~ 30 seconds

Start by getting comfortable and lightly pay attention to your body. We're not trying to meditate, achieve any spiritual state or do anything special. We're simply paying attention to our present- moment experience. You don't have to carry yourself through this moment alone.

Step 2 · Describe the Craving Sensation Without the Story

~ 30 seconds

Now see if you can notice the craving as a sensation, not a narrative. Set aside the story of what you want and why — just for now. See if you can describe the raw sensation, without judgment, as if you were a curious scientist studying yourself. Where do you feel it in your body? Is it a pull in your chest, a heat in your belly, a restless pressure behind your eyes? You don't have to fix it. You only have to notice it.

Step 3 · Notice the space- Allow it to be Held

~ 45 seconds

Now gently widen your attention and on each inhale see if you can imagine sending your breath toward the sensation you named — not to dissolve it, not to push it away, but simply to make room for it. We're not fighting the craving. We're expanding around it. Notice whether, after three breaths, even a fraction of space has opened. With your attention still widened, see if you can also notice the space around your sensation of craving. From this wide-open attention, see if you can notice the edges of the sensation. See if you can allow this sensation to be held up by something larger by the spacious around it, by awareness, by consciousness.

Step 4 · Ask the Deeper Question

~ 30 seconds

Place a hand gently on your chest or your belly — whichever feels right. Feel the warmth of your own touch. Then, silently, ask: *"What do I actually need right now?"* Not what you think you should need. Not what makes sense. Listen for what your body whispers back — rest, connection, gentleness, movement, stillness. Whatever arises, let it be there without evaluation.

Step 5 · Choose From Presence

~ 45 seconds

From this more settled, more regulated place — make a conscious choice. Not a rule. Not a punishment. Not a white-knuckled act of willpower. A choice made from presence rather than urgency. You may choose the thing you craved. You may choose something else entirely. You may choose simply to stay here a moment longer. Whatever you choose: you chose it with awareness. That is everything. If need to distract—it's okay—building a skill.

After the Reset: Tending What Arose

Whatever you noticed during this practice — curiosity, resistance, relief, more craving — it's all information. None of it is wrong. Take a few moments now, if you wish, to sit with these questions.

- *What sensation was most present during the practice?*
- *Did anything surprise you about what your body was asking for?*

- *What would it mean to trust your nervous system a little more today?*
- *Is there a pattern you're beginning to recognize?*

Integration is not a single moment — it is the quiet accumulation of small noticings over time. You don't need to have resolved anything. Noticing is enough. The nervous system learns through repetition and compassion, not pressure, and every time you pause to turn toward yourself, you are teaching it something new. You are already in the work.

Want to Go Deeper?

You've just done something meaningful. You paused. You turned toward yourself. You chose presence over urgency — even for three minutes. If something in this practice stirred your curiosity, or left you wanting more context, more tools, or a fuller path forward, there's more available to you whenever you're ready.

- **Cravings as Nervous System Events** *Understand the science behind why cravings happen — and why willpower isn't the answer.*
- **What Is Somatic Regulation?** *Explore how somatic practices work and why they're so effective for lasting change.*
- **Nature as a Co-Regulator** *Learn how the natural world can become a healing partner in your recovery.*
- **Tell Me About the Full Course** *Ready to explore what a full somatic healing journey could look like? Start here.*

This document is offered as a gentle introduction to somatic practice. It is not a substitute for professional therapeutic care.