



CRUSHING YOUR CRAVINGS

1 CREATE A MENTAL PICTURE OF THE FOOD:
Who's **craving** you want to crush, pizza, beer, donuts, chips, etc.

PLAY WITH IMAGE:
Make it **black and white**, make it **fuzzy**, add some **static** and decreased the size of the image, add **maggots**.

3 CREATE AN IMAGE OR MOVIE OF YOU:
Crushing that food, looking pleased and **feeling strong**.