

Curbing Late-Night Snacking

[Induction Phase]

Let your eyes close gently... feel the weight of the day beginning to lift from your shoulders...

Breathe in deeply... and as you exhale, let go of any tension holding on in your body...

The evening has arrived... a natural time for rest, not for doing, searching, or consuming...

Your body knows how to settle... let the quietness of this room envelope you like a soft blanket...

With every slow breath... you are drifting closer to a state of peaceful, effortless stillness...

Just let go... there is nothing you need to accomplish right now...

[Deepening Phase]

Down... drifting down now into a much deeper state of peaceful relaxation...

I will count from ten down to one... and with every number, your mind becomes more beautifully quiet...

Ten... nine... letting go of the busy thoughts and worries of the day...

Eight... seven... six... sinking deeper down... feeling completely safe and supported...

Five... four... three... your body is beautifully heavy... your mind is clear and calm...

Two... one... zero... deeply relaxed... beautifully centered in this quiet moment...

[Guided Imagery for Curbing Late-Night Snacking]

A rich, earthy scent of damp soil and sweet blooming jasmine drifts gently on the warm air...

As you breathe in this fragrance... you find yourself standing inside a warm, glass-walled greenhouse...

All around you... lush green ferns and vibrant tropical plants thrive in the humid shelter...

Outside... a gentle, steady rain is pattering softly and rhythmically against the glass roof...

Inside... it is incredibly safe, warm, and quiet... the plants are slowly drinking in their natural nourishment...

You sit on a smooth wooden bench... watching the raindrops trace slow, soothing paths down the glass panels...

This glass represents your healthy boundaries... keeping the restless weather of the world outside your inner calm...

Just as the rain washes the dust from the glass...

your mind is being cleansed of all daily tension...

You feel completely nourished by the peaceful air... finding true comfort in the shelter of this beautiful space...

[Positive Suggestions for Curbing Late-Night Snacking]

As night falls... you recognize that emotional restlessness is not physical hunger...

When the urge to seek comfort in the kitchen arises... you pause... breathe... and look within...

You ask yourself... "Am I truly hungry, or do I just wish to be soothed?"...

You easily choose quiet rest over food... realizing that the kitchen holds no answers for your emotions...

The craving melts away like mist in the sun... leaving you feeling completely in control of your choices...

You nourish your heart with peaceful relaxation... and your body feels light, clean, and perfectly satisfied...

The kitchen is closed for the night... and you feel a deep sense of pride in this boundary...

Your bed welcomes you... and you look forward to waking up feeling refreshed and healthy tomorrow...

[Affirmations for Curbing Late-Night Snacking]

Let these gentle truths settle deeply into your subconscious mind as you repeat them silently...

"I can easily distinguish between physical hunger and the desire for emotional comfort."

"My evenings are for resting and restoring my body, not for digesting."

"I find peace in the quiet spaces of the night without needing food."

"I am fully in control of my choices when the sun goes down."

"My body feels light, healthy, and beautifully balanced as I sleep."

[Integration and Empowerment]

These powerful suggestions are now firmly locked into your subconscious mind... working for you automatically...

Every evening... you will find it easier and more natural to choose peace over snacking...

You are the author of your daily habits... and you choose health, clarity, and self-respect...

Your relationship with food is perfectly balanced... your evening hours are a sanctuary for your spirit...

You sleep deeply... knowing you have honored your body's true needs tonight...

[Reawakening Phase]

Now... it is time to return to your waking awareness... carrying this peace and control with you...

One... slowly bringing your awareness back to the physical room around you...

Two... feeling a gentle, refreshing energy beginning to flow back into your fingers and toes...

Three... taking a deep, cleansing breath of cool air, filling your lungs with fresh vitality...

Four... feeling light, clean, fully awake, and completely aligned with your healthy goals...

Five... eyes open... fully alert, awake, and feeling absolutely wonderful...