What Am I Really Hungry For?

AiZe Innerwork · *Ancient wisdom. Modern mess.*

A one-week practice for meeting your own longing with curiosity

The longing for company is not a flaw. It is information. This week, you will get curious about what that longing is really asking for, so you can begin to meet more of it yourself.

How to use this worksheet

- There is no right or wrong way to do this. Whatever you notice is useful.
- Spend a few minutes a day, not hours. Small and honest beats long and perfect.
- If a part feels like too much, do Parts 1 and 2 only.
- Keep this sheet somewhere you'll see it this week.

Name: _____ Week of: _____

Part 1: Hungry Moments Log (daily, 2–3 minutes)

When the longing for company shows up strongly, pause and fill in a row. Aim for at least one entry a day.

Real hunger options: Seen or heard · Touch or comfort · Fun or play · Safety or reassurance · Feeling needed · Rest · Something else

Day and time	What set it off	Where I felt it in my body	What my mind said	What I was really hungry for	What I did, and how it felt after
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

Example: Sunday 8 pm · Quiet house after dinner · Ache in my chest · "Everyone else has someone" · To be seen and to talk · Scrolled my phone, felt emptier

Part 2: Pause and Soothe (60 seconds, whenever the longing hits)

Before you reach for your phone or someone else, meet yourself first. You are still free to reach out afterward.

1. **Place a hand** on your heart, or wherever you feel the longing.
2. **Breathe slowly three times.** Let each exhale be a little longer than the inhale.
3. **Say a kind phrase** to yourself, out loud or silently.

My phrase: _____

Ideas: "I'm here with you." · "This feeling makes sense." · "I can stay with you through this."

Times I used it this week: ☐ ☐ ☐ ☐ ☐ ☐ ☐

Part 3: Mirror Practice, Version 2 (3 times this week)

Look into your own eyes for one minute. Then say one thing you appreciate about *who you are*, not how you look or what you do for others.

Example: "I'm someone who keeps showing up."

Day	What I said to myself	How it felt (0 = hard, 10 = warm)
1		
2		
3		

Part 4: One Small Connection (once this week)

Choose one non-romantic connection: a walk with a friend, a phone call, a class, a community group, or volunteering.

- What I chose: _____
- Which hunger did it feed? _____
- How did I feel before, and after? _____

Part 5: Journal Prompt and End-of-Week Reflection

Journal prompt (once this week):

If I truly believed I was already enough, how would I spend my evenings?

End-of-week reflection:

- The hunger that showed up most often was: _____
- One thing I noticed about myself this week: _____
- One moment I met my own need, even a little: _____
- What I want to explore next time: _____

Be gentle with yourself. Noticing is the practice.

AiZe Innerwork · aizeinnerwork@gmail.com · @aizeinnerwork