

To Manage Cravings and Urges I Can...

ACKNOWLEDGE THE CRAVING OR URGE

State out loud that I am having a craving or urge to use alcohol or drugs.

DELAY

If you were to take a "time-out" for 10 minutes until the cravings or urges subsided, what are some other things you might do instead during this period?

CHALLENGE YOUR MALADAPTIVE THOUGHTS

1. Ask myself questions such as:
 - "What thoughts am I having?"
 - "Could these thoughts tempt me to use?"
 - "What expectations do I have about the alcohol or drug use?"
 - "Are these realistic expectations?"
 - "What are the possible consequences of this action?"
 - "If I were in a different mood, place, or time, would I be making the same decision?"
2. Remember the "pros" of abstinence and the "cons" of drinking or drug use.
3. Encourage myself.
 - Remember all the successes I have had.
 - Remember how hard I have tried, and how far I have come.
 - Some of my successes are:

DISTRACT YOURSELF

Think of something else. Things I can think of are:

(continued)

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SUBSTITUTION

Things that I can substitute for a drink, a drug, or a joint are:

DISTRACT YOURSELF

Physically do something else. Things I can do are:

TALK TO SOMEONE

- I can ask someone else for some support and help.
- The people I can talk to are:

AVOID OR LEAVE THE SITUATION

- I can use these reasons to avoid situations or leave early.

- Places I can go are:
