

Managing Cravings

Worksheet

Understanding situations that trigger your cravings can help you to manage and control them. By identifying specific scenarios where they are strongest, you can plan a strategy for dealing with them when they arise.

For example, you may recognize certain triggers and choose to avoid them, or you might formulate alternative thoughts to combat irrational ones that pop into your head.

Through self-awareness and conscious planning, you can take more control over your own journey to recovery.

Instructions

The diary below has five columns. Working from left to right, begin by recording the situation you found yourself in when the craving arose.

Note down the mental images, thoughts, or memories that came into your head in the next column, considering what was most difficult about those thoughts in particular.

In the third column, describe any physiological or emotional experiences you had - if possible, highlight where in your body you felt those sensations.

Rate the intensity of your craving on a scale of 1-10 under *Craving Intensity*, where 1 is the lowest, and 10 the highest.

Use the final column as a space to come up with more rational thoughts or behaviors that you come up with. What would be a better way to think, act, or feel?

An example has been provided.

Cravings Diary

Situation Where were you? What were you doing? When, and with whom?	Mental Processes What thoughts or pictures came to mind? In what way was it most challenging?	Sensations What physical sensations did you experience? What feelings? Moods? Where, specifically?	Craving Intensity (1-10)	Rational replacement thought and behavior Is there evidence to support these thoughts? Are these behaviors helping you long-term? Would you advise a loved one to do or think the same? What would you like to do or think instead?
E.g. Overwhelming urge to light a cigarette after dinner and drinks with friends last night. Everyone else was smoking.	E.g. "Everyone else is doing it - surely one cigarette will be fine!" "Some people only smoke when they have a drink...and they're doing great!"	E.g. Fidgety hands, 'on edge' jitters, racing pulse.	7	E.g. "I can't control other people's behavior - but I'm committed to my decision to quit." "It will get easier with time, it won't always be this tricky."

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