

Craving Management Plan

Craving is the desire for a drug or alcohol. An urge is an internal sensation pushing you to act on the craving.

Techniques can include:

- distraction
- flashcards
- imagery
- rational responses to automatic thoughts
- relaxation training
- activity scheduling
- your own techniques to tell people you are not interested in alcohol or drugs

Craving Situation Description	Technique For managing
1.	
2.	
3.	
4.	
5.	

Techniques can include:

- distraction
- flashcards
- imagery
- rational responses to automatic thoughts
- relaxation training
- activity scheduling
- your own techniques to tell people you are not interested in alcohol or drugs

6.	
7.	
8.	
9.	
10.	
11.	

Permission Giving Thoughts: reasons for using again	Rebuttal: reasons for not using this permission giving thought
1.	
2.	
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6.	

Permission Giving Thoughts: reasons for using again	Rebuttal: reasons for not using this permission giving thought
7.	
8.	
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10.	
11.	
12.	

Material provided by www.clearhavencenter.com
from "Make Your Last Relapse The Last" by Irene Clarkson - www.sobermart.com
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