



Coping with Cravings and Urges

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Reminder sheet

- Urges are common in the recovery process. They are not a sign of failure. Instead, try to learn from them about what your craving triggers are.
- Urges are like ocean waves. They get stronger only to a point then they start to go away.
- You win every time you defeat an urge by not using. Urges only get stronger if you give in and feed them. An urge will eventually weaken and die if you do not feed it.

Practice Exercises

For the next week, make a daily record of urges to use drug or alcohol, the intensity of those urges, and the coping behaviours you used

Fill out the daily record of urges to use

1. Date
2. Situation: Include anything about the situation or your thoughts or feelings that seemed to trigger the urge
3. Intensity of thirst: rate your thirst 1= not at all 100 = worst ever
4. Coping behaviour Use this column to note how you attempted to cope with the urge to use. If it seems like it would help note the effectiveness of your coping

See sample below

Date	Situation (include thoughts and feelings)	Intensity of Cravings	Coping Behaviours Used
5/16/19	<i>Was feeling stressed had disagreement with boss</i>	75	<i>Shut myself in office and relaxed, felt better after 20 minutes</i>
5/17/19	<i>Antsy at bedtime. Trouble getting ready for bed</i>	60	<i>Took a hot shower. Listened to meditation. Shower better than meditation.</i>
5/18/19	<i>Went to andy's for lunch where I always used order drinks</i>	80	<i>Ordered tonic with lime. It was a close call should have prepared in advance</i>
5/19/19	<i>Pay Day. Bob wanted to go to a bar for drinks</i>	68	<i>Suggested we go for coffee. Bob agreed - I was surprised it worked.</i>