My triggers and risky situations

List what sets off your urges and decide in advance what you will do.

Name _____ Date _____

Urges are set off by particular people, places, times and feelings. List yours, and decide in advance what you will do.

Outside triggers
Places (the pub, the kitchen, the sofa). People. Times of day. Pay day. Celebrations. Seeing or smelling it.

Inside triggers
Stress, boredom, loneliness, anger, tiredness, hunger. Feeling good and wanting to reward myself. "Just one will not hurt."

Trigger	How risky (0 to 10)	What I will do: avoid it, change it or cope with it

My riskiest time of the day or week

Who or what helps me stay on track

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Coping with cravings

Three steps for getting through a craving: delay, distract, decide.

Name _____ Date _____

A craving feels urgent, but it passes. Most peak and fade within 20 to 30 minutes, whether or not you act on them.

1. Delay	Tell yourself: "Not now. I will wait 20 minutes and see." Set a timer.
2. Distract	Do something that takes attention and, ideally, moves your body or gets you out of the room.
3. Decide	When the timer goes, check the urge. Remind yourself why you are doing this. Then choose.

What works for me

Things I can do for 20 minutes

- ☐ A walk
- ☐ Ring someone
- ☐ Cook
- ☐ A shower
- ☐ Tidy
- ☐ A game

What I will remind myself

My reasons. What happened last time.

What makes cravings worse

- ☐ Being hungry, tired or thirsty
- ☐ Being around it
- ☐ Arguing with the craving
- ☐ Telling myself "just one"
- ☐ Stress with no outlet
- ☐ Too much unplanned time

My riskiest times, and what I will have ready

Cut along the dashed lines. Keep a card in your wallet or phone case.

Craving plan

Delay 20 minutes. Distract. Decide.
It is a wave and it will pass.

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My reasons

Why I am doing this

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