

Coping With Cravings Worksheet

1. Describe the craving you are experiencing.

- Type of craving (e.g., food, substance, activity):

- Description of the craving:

2. Identify potential triggers for your craving.

- What situations or environments trigger your craving?

- What emotions are associated with your craving?

- Are there any physical sensations or conditions that trigger your craving?

3. Reflect on how the craving impacts your life.

4. List healthy coping strategies to manage your cravings.

- Delay: Delay giving in to the craving by setting a timer for 10-15 minutes.
- Distract: Engage in an alternative activity to distract yourself from the craving (e.g., go for a walk, call a friend, do a puzzle).
- Deep Breathing: Practice deep breathing exercises to calm your mind and body.
- Drink Water: Drink a glass of water to help reduce the intensity of the craving.
- Positive Self-Talk: Use positive affirmations and self-talk to remind yourself of your goals and strengths.

5. Develop a plan for managing cravings when they arise.

6. Identify people who can support you in managing your cravings.

7. Reflect on your progress and make any necessary adjustments to your coping strategies.

- How effective were your coping strategies?

- What worked well?

- What could be improved?

- What changes will you make to your action plan?
