A PAUSE, A PRACTICE, A NEXT STEP

Getting Through a Craving

Choose one thing to do when you feel a strong urge to drink or use a drug.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Name what just happened

Ask, “What was I doing right before the urge hit?” Maybe you walked past a store or finished a tough shift. Naming the cue can help you choose what to do next.

01 / Notice and reflect

What tends to set off an urge for me?

02 / Notice and reflect

What is one thing I can do when that cue shows up?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Tell a doctor or counselor if urges keep getting in the way. If you feel sick or shaky after cutting down on alcohol or a medicine like Xanax, get medical advice right away. This could be withdrawal.

Read more: National Institute on Alcohol Abuse and Alcoholism · Make a plan for cravings

More tools and immediate support: Our Healing Room / Crisis Support.

U.S. crisis support: call or text 988. In immediate danger, call 911.