

1. Some of my triggers are:


2. I can avoid some of these triggers by:

**BUT SOME TRIGGERS CAN'T BE AVOIDED.  
WHEN DEALING WITH A CRAVING I CAN:**

3. Distract myself by:

4. Get support from people:

What sources of social support do you have available to you when cravings occur?

5. What would you like them to say or focus on when you call?

6. What would you like them to avoid when you call?

### 7. Try Urge Surfing

Practice urge surfing once a day. When cravings come up, commit to delaying use for 20 minutes. Give urge surfing a try first.