

Addiction recovery worksheets pdf: Version 2

Cope up with your cravings & walk away from your Triggers:

Know and understand your triggers and cravings.

Engage your mind:

Whenever you think about using, do something which involves mental work. Call a companion. Go to any place that doesn't let you do drugs. 10 distraction exercises to do

15-30 minutes rule:

Most inclinations typically keep going for under 15 to 30 minutes. At the point when you feel the urge, it seems like an unfathomable length of time. However, if you can keep yourself occupied and do the things you should do, it'll rapidly be gone.

Don't be alone, talk to others:

Tell somebody that you're having a desire to procure a drug, that you are avoiding. Call a friend, help, or somebody in recuperation. Share with them what you're experiencing. The best thing about sharing is that the moment you begin to discuss what you're thinking and feeling, your urges start to vanish.

Delaying tactics:

After you DELAY and DISTRACT yourself, decide NOT to do whatever you are craving. Remind yourself about: _____

- The disadvantages of giving in
- Your reasons for stopping
- The advantages of giving up.

Celebrate your milestones:

Once you successfully, overcome your cravings and fight off the urges. Celebrate your achievements.