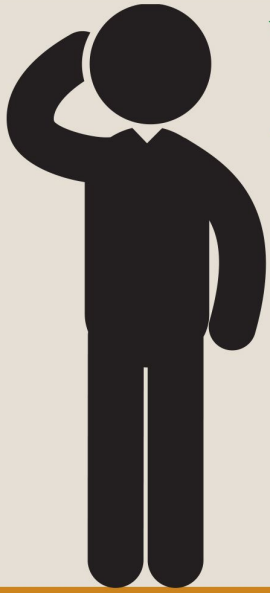


FACTS ABOUT CRAVING



Craving - The desire for more of a substance or activity consisting of a desire to experience the euphoric (or other) effects, as well as the desire to avoid withdrawal.

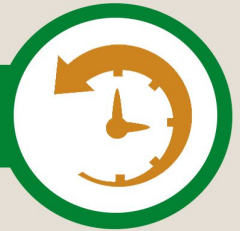


Cravings are caused by both internal and external things that are connected to using drugs and/or alcohol (i.e. a habit of drinking when depressed and when depression occurs in recovery it causes a craving for alcohol)



Cravings will eventually diminish through a process known as extinction (pairing things that used to be connected to drinking and/or drug use with new behaviors)

Craving is normal in recovery (it doesn't mean a person did something wrong or their program isn't strong or working correctly)



Craving starts in the unconscious brain and affects thinking and behavior

Cravings are closely related with urges (physical desire) and obsession (constant and recurring thoughts)



Coping with cravings is possible and is an important step in ongoing recovery and relapse prevention

Cravings to use can be harder to handle when self-care has been neglected (sleep, proper diet, exercise, etc. are extremely important in recovery)



Knowing your craving triggers can help your ability to successfully cope with them

Disclaimer: All content on this infographic is for informational purposes only. It does not substitute for clinical treatment or advice. If you, a friend, or a family member is struggling with mental health and/or addiction issues please call our main office at 952-926-2526. For emergencies, go to your nearest emergency room and/or dial 911.



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(952) 926-2526

www.clubrecoveryllc.com

6550 York Avenue South,
Suite 620, Edina, MN 55435