

WHAT TO DO ABOUT CRAVINGS



Understand your cravings
(what have you paired with using?)



Tell yourself, "This too shall pass."



Avoid craving triggers
(especially in early recovery)



Call your sponsor and/or a member of your sober support system



Play the tape through
(If I use, this will happen, then this will happen, then this will happen...)



Take anti-craving medication



Use grounding/ mindfulness skills
(i.e. 5 senses check, mindful breathing, etc.)



Leave the situation



Say a prayer





Use thought stopping
(i.e. imagine a light switch and turn the craving from on to off)


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.



CLUB RECOVERY
ADDICTION TREATMENT FOR YOUR PATH TO RECOVERY

 (952) 926-2526

 www.clubrecoveryllc.com

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