A Relapse Prevention Tool – The Emotional Cues For Cravings in Relapse Worksheet

By Peggy L. Ferguson, Ph.D.

We experience sensory, emotional/psychological, cognitive, environmental, and physical cues on a daily basis in early recovery. These cues or triggers, if left unchecked can turn into powerful cravings for the chemical. Cravings can lead to relapse. In order to avoid relapse it is crucial that you identify your cues, take action, and not let them turn into cravings.

One powerful set of cues that can set off cravings are emotions or feelings. Uncomfortable feelings, usually negative emotions, have probably been among the cues or triggers associated with your drinking and using in the past. Identify how these feelings have been linked in the past to your drinking or drugging behavior and the how they may be serving as cues for triggers today using the Emotional Cues For Cravings in Relapse Worksheet. See also "Preventing Relapse Using the Social and Environmental Triggers for Relapse Worksheet".

Emotional Cues for Cravings in Relapse Worksheet By Peggy L. Ferguson, Ph.D.

Use This Worksheet to help identify feelings connected to your drinking or using drugs.

First, put a check by each emotion that you believe is associated with drinking and/or using. Check the emotion if you believe that it has led to drinking or using, or the emotion has been altered by your drinking or using drugs.

Then give three examples of how that has happened in the past.

Then give three examples of how these emotions are currently connected to your thinking about drinking or using.

- ____1. Fear. Other descriptors connected to fear might include afraid, anxious, nervous, scared, apprehensive, insecure.
- a. Past examples of how this feeling was linked to your drinking drugging behavior:
- b. Recent examples of how this feeling was linked to thinking about drinking/using. Give the current circumstance or context of this feeling and drinking/using thoughts.
- ____ 2. Anger. Other descriptors connected to anger might include mad, frustrated, annoyed, miffed, resentful, aggravated.
- a. Past examples of how this feeling was linked to your drinking drugging behavior:
- b. Recent examples of how this feeling was linked to thinking about drinking/using. Give the current circumstance or context of this feeling and drinking/using thoughts.

2009, A Relapse Prevention Tool - The Emotional Cues for Cravings in Relapse Worksheet By Peggy L. Ferguson, Ph.D. _ 3. Guilt. Other descriptors connected to guilt might be remorseful, sorry, responsible, bad. a. Past examples of how this feeling was linked to your drinking drugging behavior: b. Recent examples of how this feeling was linked to thinking about drinking/using. Give the current circumstance or context of this feeling and drinking/using thoughts. 4. Shame. Other descriptors connected to shame might include embarrassed, less than, inadequate, humiliated. a. Past examples of how this feeling was linked to your drinking drugging behavior: b. Recent examples of how this feeling was linked to thinking about drinking/using. Give the current circumstance or context of this feeling and drinking/using thoughts: 5. Hurt. Other descriptors connected to hurt might include abused, crushed, disappointed, pain, taken for granted, taken advantage of, bruised. a. Past examples of how this feeling was linked to your drinking drugging behavior: b. Recent examples of how this feeling was linked to thinking about drinking/using. Give the current circumstance or context of this feeling and drinking/using thoughts.

- ____ 6. Sadness. Other descriptors connected to sadness might include grief, melancholy, sorrowful, somber, solemn.
- a. Past examples of how this feeling was linked to your drinking drugging behavior:
- b. Recent examples of how this feeling was linked to thinking about

2009, A Relapse Prevention Tool - The Emotional Cues for Cravings in Relapse Worksheet By Peggy L. Ferguson, Ph.D.

drinking/using. Give the current circumstance or context of this feeling and drinking/using thoughts. _ 7. Loneliness. Other descriptors connected to loneliness might include left out, neglected, abandoned, alienated, dejected. a. Past examples of how this feeling was linked to your drinking drugging behavior: b. Recent examples of how this feeling was linked to thinking about drinking/using. Give the current circumstance or context of this feeling and drinking/using thoughts. ____ 8. Helplessness. Other descriptors connected to helpless might be paralyzed, despair, defeated, shaken, stuck. a. Past examples of how this feeling was linked to your drinking drugging behavior: b. Recent examples of how this feeling was linked to thinking about drinking/using. Give the current circumstance or context of this feeling and drinking/using thoughts. _ 9. Overconfident. Other descriptors connected to "overconfident" might be ungrateful, reckless, prideful, imposing, in control, dominating. a. Past examples of how this feeling was linked to your drinking drugging behavior: b. Recent examples of how this feeling was linked to thinking about drinking/using. Give the current circumstance or context of this feeling and drinking/using thoughts. ____ 10. Boredom. Other descriptors connected to bored might be disconnected, disinterested, withdrawn, not caring, subdued. a. Past examples of how this feeling was linked to your drinking drugging behavior: b. Recent examples of how this feeling was linked to thinking about

2009, A Relapse Prevention Tool - The Emotional Cues for Cravings in Relapse Worksheet By Peggy L. Ferguson, Ph.D.

drinking/using. Give the current circumstance or context of this feeling and drinking/using thoughts.

- ____ 11. Stressed. Other descriptors connected to stressed might be overwhelmed, exhausted, worried.
- a. Past examples of how this feeling was linked to your drinking drugging behavior:
- b. Recent examples of how this feeling was linked to thinking about drinking/using. Give the current circumstance or context of this feeling and drinking/using thoughts.
- ____ 12. Joy. Other descriptors connected to joy might be happy, elated, excited, confident, cheerful, adored, affectionate, delighted.
- a. Past examples of how this feeling was linked to your drinking drugging behavior:
- b. Recent examples of how this feeling was linked to thinking about drinking/using. Give the current circumstance or context of this feeling and drinking/using thoughts.

You have identified feelings or emotions that have served as triggers for cravings and/or relapse in the past. You have identified current feelings or emotions that are connected to thoughts about drinking and/using.

In recovery, you must learn to replace the chemical with healthy living skills. Learning to deal with feelings appropriately is a very important healthy living skill. Make a list of things that you can do to deal with feelings or emotions in a healthy way. (Hint: Pouring alcohol or other chemicals on them is not a healthy way). Make your own list.

Copyright 2009, Peggy L. Ferguson, Ph.D.

Hubbard House Publishing, Stillwater, OK.

2009, A Relapse Prevention Tool - The Emotional Cues for Cravings in Relapse Worksheet By Peggy L. Ferguson, Ph.D.



Understanding Cross Addiction To Prevent Relapse

By Peggy L. Ferguson, Ph.D.

A simple guide for professional and the general information seeker alike. This relapse prevention guide specific to cross addiction issues covers description and explanation of the

nature of addiction and cross addiction, examples of how cross addiction leads to relapse, and a **worksheet** to assist in relapse prevention. "Understanding Cross Addiction To Prevent Relapse" is a digital product. This PDF download allows you immediate access.

BUY NOW \$9.95

www.peggyferguson.com www.stillwatermarriagecounselor.com

Tags: drug cravings, prevent relapse, coping with cravings, resist cravings, clean and sober, relapse prevention, relapse prevention plan, relapse prevention worksheet, relapse prevention activities, addiction, substance abuse worksheet, addiction worksheet, cross addiction worksheets, recovery worksheet, early recovery worksheets, recovery worksheet