

Combating Cravings With The Truth: A Recovery Worksheet

By Peggy L. Ferguson, Ph.D.

Cravings are like the siren's voices, seducing you to engage in the problematic behavior that you are trying to quit. Cravings tell you that you need only to ask, and the drug or the behavior will magically grant your wish--whatever it might be. Your wish probably has to do with the role that the chemical or the behavior has served in your life, whether it is stress management, feelings eliminator, instant self-esteem and self-confidence, or simply escape.

When you are experiencing cravings for alcohol, drugs, or your mood altering behavior of choice, you have the expectation that the thing that you desire will have the anticipated effect. You have an expectation that your experience of it will be positive. Thinking back over your experiences in addiction, you will recall that not all your positive expectations were met with positive results. Think of the exceptions. Think of the times when you had negative experiences instead of positive or when the drug/behavior just plain failed to deliver on its promise.

When you are experiencing a craving or urge to drink/use, first identify an intensity level of the craving and how long you have been aware of the craving. Then identify your positive expectation about actually taking that drink or drug. Tell yourself the truth about what happens when you use. Then identify any other justifications that occur afterward. Keep telling yourself the truth, until the urge to drink/use subsides. Use the "**Combating Cravings With the Truth Worksheet**" to assist with managing cravings and resisting relapse.

Example:

Date, Intensity, and Length of craving (so far)

1/1/13, 4 (on a scale of 0 to 10 with 10 being maximum), 1 hour

Craving and Justification: "I am overly tired, but I just can't sleep. If I took a drink, I could fall asleep."

The Truth: "I used to drink to be able to sleep at night. Sometimes alcohol put me to sleep and I slept all night. Sometimes I woke up in the middle of the night wanting more

2013, Combating Cravings With the Truth: A Recovery Worksheet
By Peggy L. Ferguson, Ph.D.

alcohol. Sometimes I felt more energized than sleepy and did not sleep. Instead I went back out and partied and got a DUI."

Additional Justifications: "This time would be different."

The Truth: "I can't believe I just thought that. That is a classic denial line that I hear in AA all the time."

2013, Combating Cravings With the Truth: A Recovery Worksheet
By Peggy L. Ferguson, Ph.D.

www.peggyferguson.com

www.stillwatermarriagecounselor.com

<https://sites.google.com/site/honeyjarcouplescommunication/>

www.howtoovercomeholidaystressanddepression.wordpress.com

<https://sites.google.com/site/holidaystressanddepression/>

"Combating Cravings With the Truth" Worksheet

By Peggy L. Ferguson, Ph.D.

~~~~~

**Intensity Level**

0 ----- 10

no craving the worst I have ever experienced

~~~~~

Date	Intensity	Length of Craving
<hr/>		

Craving and justification to drink/use _____

The Truth _____

Additional justification _____

The Truth _____

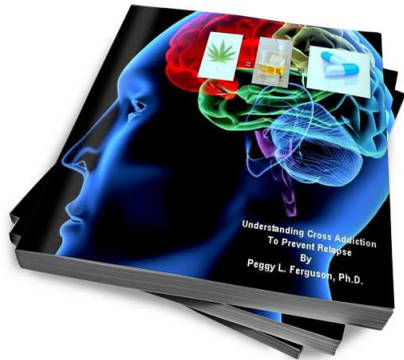
2013, Combating Cravings With the Truth: A Recovery Worksheet
By Peggy L. Ferguson, Ph.D.

Additional justification _____

The Truth _____

Additional justification _____

The Truth _____



**Understanding Cross Addiction To Prevent Relapse
by Peggy L. Ferguson Ph.D.**

A simple guide for professional and the general information seeker. This relapse prevention guide specific to cross addiction issues explains the nature of addiction and cross addiction, examples of how cross addiction leads to relapse, and includes a **worksheet** to assist in relapse prevention.

PDF file format. \$9.95



2013, Combating Cravings With the Truth: A Recovery Worksheet
By Peggy L. Ferguson, Ph.D.

www.peggyferguson.com

www.stillwatermarriagecounselor.com

<https://sites.google.com/site/honeyjarcouplescommunication/>

www.howtoovercomeholidaystressanddepression.wordpress.com

<https://sites.google.com/site/holidaystressanddepression/>