"Combating Cravings With the Truth" Worksheet Example By Peggy L. Ferguson, Ph.D.

	Intens	sity Scale			
0 No cravings		The worst I have ever experienced			
	Rate th	is Cravin	ng		
te	Inter	sity		Length of Crav	ing
aving and Justi	fication to drin	ık/use			
e Truth					
	te	No cravings Rate the see Interest in the see	Rate this Cravings Intensity aving and Justification to drink/use	No cravings Rate this Craving Intensity aving and Justification to drink/use	No cravings The worst I have ever experienced Rate this Craving Intensity Length of Craving aving and Justification to drink/use

Additional Justification #1	
The Truth	

Additional Justin	fication #2		
The Truth			

Additional Justification #3
The Truth
Additional Notes

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Note: This Worksheet was updated and modified from the 2013 "Combating Cravings With the Truth" Worksheet.