

Emergency Plan Practice Log

Name: _____

Date: _____

Use this worksheet to evaluate your experience managing cravings for substance use. You will complete one of these worksheets for each day between group sessions.

Facts about cravings:

1. Cravings are normal – everyone experiences cravings
2. Cravings are common – they are to be expected
3. Cravings are time-limited – they pass when handled
4. Cravings are a sign of change – allowing yourself to experience craving demonstrates you are making progress and working towards eliminating a trigger

Behavior I was tempted to engage in: _____

Ways I managed cravings (distraction behavior, relaxation technique, imagery, or positive self-talk phrase):

1. _____ _____	Rate your Craving/Temptation Before: 1 2 3 4 5 6 7 8 9 10 After: 1 2 3 4 5 6 7 8 9 10
2. _____ _____	Rate your Craving/Temptation Before: 1 2 3 4 5 6 7 8 9 10 After: 1 2 3 4 5 6 7 8 9 10
3. _____ _____	Rate your Craving/Temptation Before: 1 2 3 4 5 6 7 8 9 10 After: 1 2 3 4 5 6 7 8 9 10

Comments:

What strategies do you think will work the best for you?

