

Emergency Plan

Name: _____

Date: _____

Use this worksheet to help you explore strategies for managing cravings for substance use.

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

Ways to distract myself from cravings are:

1. _____
2. _____
3. _____

Relaxation Technique: _____

Past Negative Experience with Using:

Pleasant Day in the Future When Life is On Track:

Positive Self-Talk Phrases:
