

My Plan for a Strong Urge

Addiction and recovery | Adults | 10 to 15 minutes

Prepare a brief sequence of actions and support for a craving episode.

An urge is information about what is happening now. You can plan a response before the next difficult moment. Choose actions that fit your environment and abilities. The aim is to create options and support, even if the urge remains uncomfortable.

Notice and create space

Name an early cue, such as a familiar route, a message, loneliness, pain, or payday. If you can do so safely, move away from the cue and pause a decision. Choose a brief activity that occupies your attention: walk with someone, hold a familiar object, or begin a simple task.

Connect and reassess

Choose a person or service you can actually reach. Prepare a direct request: I am having an urge and need company while I decide my next step. If the first plan fails, use a second contact or a safer location. Do not wait for an urge to become an emergency before seeking help.

An early cue I can notice is

For the next few minutes, I can move to or do

My first support and the exact request I can make are

If that support is unavailable, my backup plan is