Craving Observation with Choice - Concept brief

Understand the idea behind craving observation with choice and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Jordan practices with the urge to check a phone rather than a substance cue.

The idea

Urges can be noticed without requiring exposure to substance cues.

An ordinary example

Jordan practices with the urge to check a phone rather than a substance cue.

What this can look like

Use an imagined low-intensity urge to identify its changing intensity, a pause option, and a support contact.

Check the fit

What helps you observe an urge without turning the exercise into a test? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

A return to use is information for reassessing care and support, not a verdict on personal worth.

Reflection

What helps you observe an urge without turning the exercise into a test?

Scope and adaptation

Adapt to individualized assessment and the person's chosen recovery goals. Worksheets do not manage intoxication, overdose, or withdrawal. Abrupt cessation of alcohol or benzodiazepines can be dangerous: seek medical guidance rather than using a worksheet to stop or taper. Follow existing emergency and overdose-prevention plans; medication choices belong with qualified prescribers.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Substance Use Disorders. Full source links and scope: library.morethantherapy.org/recovery/resources/SUR-A05-1