Craving Observation with Choice - Practice worksheet

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

Adults; supported use as appropriate | 15 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. Urges can be noticed without requiring exposure to substance cues.

Practice task

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

1. My chosen or fictional situation, and what I know about it:

2. My response to the practice task above:

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

4. An optional next step, support, adaptation, or reason to stop:

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-A05-2