




Delay, Distract, Decide

The 3 Ds that can help you when you are craving for an unhealthy habit

<p>Delay</p> 	<p>When you feel that the craving is so overwhelming and difficult to manage, then set a delayed time before you give in. For example: 5 minutes, 10 minutes or 60 minutes delay. The craving will subside and pass!</p> <p><i>I will delay for (put number of minutes delay)</i></p>
<p>Distract</p> 	<p>When you start craving, DO any activity that DISTRACTS your thoughts and attention. Sport is a good choice of activity. Even light exercise like walking could help.</p> <p><i>Write down your preferred activity to carry out when you having a craving.</i></p>
<p>Decide</p> 	<p>After you DELAY and DISTRACT yourself, decide NOT to do whatever you are craving for. Remind yourself about:</p> <p><i>Your advantages if you stop:</i></p> <p><i>Your disadvantages if you give in to the cravings:</i></p> <p><i>Your reasons for stoping:</i></p> <p><i>Your goals in life:</i></p>