

Cravings Log

Trigger Situation	Automatic Thoughts	Feelings	Intensity of craving (0 - 10)	Alternative Thought and Coping Response
<p><i>Describe what happened, when it happened, where it happened and who you were with.</i></p>	<p><i>Describe what you were thinking just before you felt the craving.</i></p> <p><i>What was the worst thing about that?</i></p>	<p><i>What emotion did you feel?</i></p> <p><i>What did you feel in your body?</i></p> <p><i>Where did you feel it?</i></p>		<p><i>Consider an alternative way of seeing this.</i></p> <p><i>What would someone else suggest?</i></p> <p><i>What advice would you give to a friend in this situation?</i></p> <p><i>What are your personal reasons for abstaining?</i></p> <p><i>How would you feel about your decision after the craving and why?</i></p> <p><i>How would your life be different if you did not have to deal with these urges?</i></p>