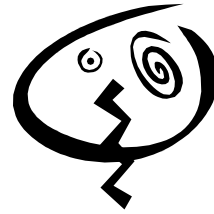


How to Prevent Cravings



- ✓ Work a good 12 Step Program.
- ✓ Identify your Set-Ups.
- ✓ Identify your Triggers.
- ✓ Avoid all triggers and strategize how to deal with unexpected triggers.
- ✓ Avoid Euphoric Recall.
- ✓ Avoid Magical Thinking.
- ✓ Avoid "Awfulizing."
- ✓ Practice dealing with cravings before they happen.



How to Deal With Cravings

- ✓ Recognize that it is a craving
- ✓ Decide not to use!
- ✓ Do not get down on yourself for having a craving . . . it is normal.
- ✓ Let it go!!! Treat it like a "hot potato!"
- ✓ Change your physical setting.
- ✓ Tell on your craving, talk it through with someone – your sponsor.
- ✓ Exercise.
- ✓ Eat a healthy snack.
- ✓ Meditate – *relax*.
- ✓ Visualize your craving being attacked and destroyed.
- ✓ Go to a meeting.

