

Avoiding Relapse

Managing cravings

Let's explore strategies for managing cravings during your drug and alcohol recovery journey. These techniques are designed to help you deal with these challenging feelings when they arise.

We'll break it down into three categories:

1. THINGS I CAN TELL MYSELF:

Remind yourself that craving is a normal part of the process of change. Understand that these feelings will eventually pass. Positive self-talk can be a powerful tool.

2. WAYS OF DISTRACTING MYSELF:

Find ways to divert your attention. Think of positive things, engage in conversation with someone, or immerse yourself in activities like watching TV or preparing food. Distracting yourself can help take your mind off cravings.

3. WAYS OF RELAXING MYSELF:

Explore relaxation techniques like taking a soothing bath or practicing breathing exercises. Consider planning enjoyable events and activities with friends in recovery. These methods can help reduce anxiety and redirect your focus when cravings strike.

How can I deal with my cravings?

Things I can tell myself

Ways of distracting myself

Ways of relaxing myself



The key takeaway is to embrace these strategies to navigate cravings without seeing them as a sign of weakness. Instead, think of them as waves to surf over, focusing on activities that alleviate anxiety and shift your attention. It's essential to explore various distraction and relaxation techniques to find what works best for you, especially those that provide short-term relief while the craving subsides.