

Riding Out a Craving

Something to do with your hands while a craving peaks and starts to drop.

WHEN TO USE THIS

Use this in the middle of a craving, not after. Ten minutes at a time.

How strong is it right now?

0

1

2

3

4

5

6

7

8

9

10

Barely there

All I can think about

Where do you feel it in your body?

Chest, stomach, hands, jaw, teeth, everywhere.

Pick one thing and do it for the next ten minutes.

- ☐ Cold water on my face or hands
- ☐ Step outside
- ☐ Text or call someone
- ☐ Take a shower
- ☐ Eat something
- ☐ Put on a song, loud
- ☐ Walk to the end of the street
- ☐ Something else I know works

Ten minutes later. What is different, even a little?

What are you going to do with the next ten minutes?

Cravings rise and fall. You do not have to beat it, only outlast it.

