

Self-Management Plan: Coping with Urges and Cravings

Aim: To develop urge coping skills with a focus on the situations that are difficult to cope with and strategies to deal with these situations.

<p>List 3 high risk situations/ behaviours that make it hard to cope with urges and cravings. (e.g. being with mates who use, not keeping busy, etc.</p>	<p>Now rate how much each situation/behaviour really stops you from coping with your urges and cravings. Circle the appropriate number.</p> <p>Doesn't stop me ----- Stops me</p>
<p>1.</p>	<p>1 2 3 4 5</p>
<p>2.</p>	<p>1 2 3 4 5</p>
<p>3.</p>	<p>1 2 3 4 5</p>

<p>What can you do to help when this happens? What is a strategy to help you change or what has worked before?</p>
<p>1.</p>
<p>2.</p>
<p>3.</p>